



Healthy Families online Workshops with HENRY

Starting Solids

With Gujarati/Hindi language support

Starting Solids is whole new chapter for you and your baby. When your baby is 3 months or older, this workshop will get you ready, decide what foods to start with, learn how to make mealtimes enjoyable, help your baby develop healthy eating habits and enjoy a wide range of foods, getting them off to a great start!

Tuesday 1st Dec 2020

10:30am-12:30pm

To book a place contact: Nivedita or Asmat

Contact details: 07766 923838 or 07519 109887

hcsupport@henry.org.uk www.henry.org.uk/hackney

www.facebook.com/HENRY.HealthyFamilies

Parents/carers with a child under 5 who live in City and Hackney or are registered with a GP in City and Hackney are invited to join

