

# Introduction to **SOLIDS** 2019

Presented by: Nutritionist/ Dietitian  
Flynn Drive Community Health Centre  
Thursday 1.30pm - 2.30pm

## Stage 1:

### **Introduction to Solids**

How, what, where and when  
to start introducing solids.

7<sup>th</sup> February

7<sup>th</sup> March

4<sup>th</sup> April

2<sup>nd</sup> May

6<sup>th</sup> June

11<sup>th</sup> July

1<sup>st</sup> August

5<sup>th</sup> September

3<sup>rd</sup> October

7<sup>th</sup> November

## Stage 2:

### **Advancing tastes and textures**

For parents of infants from 6-12  
months who have started solid  
foods.

21<sup>st</sup> February

21<sup>st</sup> March

11<sup>th</sup> April

16<sup>th</sup> May

20<sup>th</sup> June

18<sup>th</sup> July

15<sup>th</sup> August

19<sup>th</sup> September

17<sup>th</sup> October

21<sup>st</sup> November

**Bookings essential as  
numbers are limited.  
Call 8951 6711.**

