

# Introduction to **SOLIDS** 2020

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.

6<sup>th</sup> February

5<sup>th</sup> March

2<sup>th</sup> April

7<sup>th</sup> May

4<sup>th</sup> June

2<sup>nd</sup> July

6<sup>th</sup> August

3<sup>rd</sup> September

1<sup>st</sup> October

5<sup>th</sup> November

## Stage 2:

### **Advancing tastes and textures**

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

20<sup>th</sup> February

19<sup>th</sup> March

16<sup>th</sup> April

21<sup>st</sup> May

18<sup>th</sup> June

16<sup>th</sup> July

20<sup>th</sup> August

17<sup>th</sup> September

15<sup>th</sup> October

19<sup>th</sup> November

**Bookings essential as  
numbers are limited.**

**Call 8951 6711.**

