

### Toddlers Meals and Snacks Webinar for Parents

- Meal planning advice – what foods to offer
- Creating a positive mealtime environment
- Snack and drink ideas
- **Tuesday 10<sup>th</sup> November**



<https://www.earlystartgroup.com/nutrition/parents-page/toddlers-meals-and-snacks-webinar-for-parents/>

### Weaning your Baby Webinar for Parents

- What foods to offer
- Demonstrations on preparing food textures – from purees to lumpy/mashed foods to finger foods
- How to support your baby at mealtimes
- Drinks for your baby with advice on introducing a cup
- **Friday 6<sup>th</sup> November 10:30am**
- **Wednesday 18<sup>th</sup> November 8pm**

- <https://www.earlystartgroup.com/nutrition/parents-page/weaning-your-baby-webinar-for-parents/>



### Family Support

If you have any concerns or worries about your child please contact the family support team on:

0208 534 4403 **option 3** for children's centre or  
Mobile: 07931 554993.



**For more information check our website**

[www.kayrowe.newham.sch.uk](http://www.kayrowe.newham.sch.uk)

[www.maryland.newham.sch.uk](http://www.maryland.newham.sch.uk)

**Or call us on:**

**Kay Rowe 020 8534 4403**

**Maryland 020 8534 8351**