

Toddlers Meals and Snacks Webinar for Parents

- Meal planning advice – what foods to offer
- Creating a positive mealtime environment
- Snack and drink ideas
- **Wednesday 14th October 8pm**
- **Thursday 29th October 10:30am**



<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
- **Thursday 8th October 10:30am**
- **Monday 19th October 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

www.maryland.newham.sch.uk

Or call us on:

Kay Rowe 020 8534 4403

Maryland 020 8534 8351