

## Parent Courses

Sign up for a free parent's course for tips, advice and support resources

<b>Feeding your Baby in the First Year</b>	This course explores questions, such as when to offer your baby their first foods, what foods to offer and how to encourage your little one to try lumpy and finger foods.	<a href="https://www.earlystartgroup.com/courses/feeding-your-baby-in-the-first-year/">https://www.earlystartgroup.com/courses/feeding-your-baby-in-the-first-year/</a>
<b>Good Nutrition for your Toddler</b>	This course will help you to provide your toddler with a nutritious diet. It covers information on what foods to offer, nutritious snack and drink choices, how to create positive mealtimes and vitamin recommendations.	<a href="https://www.earlystartgroup.com/courses/good-nutrition-for-your-toddler/">https://www.earlystartgroup.com/courses/good-nutrition-for-your-toddler/</a>
<b>Positive Mealtime- Fussy Eating Strategies for Families</b>	This course will provide you with information on how to support your child if they're a fussy eater! It covers information on why children refuse food, along with tips and strategies to support your child at mealtimes.	<a href="https://www.earlystartgroup.com/courses/positive-mealtimes-fussy-eating-strategies-for-families/">https://www.earlystartgroup.com/courses/positive-mealtimes-fussy-eating-strategies-for-families/</a>
<b>Eating Well in Pregnancy</b>	This course will provide you with information on how to eat well in pregnancy. It covers information on what a nutritious diet looks like, the foods to limit and avoid, along with supplement recommendations.	<a href="https://www.earlystartgroup.com/product/eating-well-in-pregnancy/">https://www.earlystartgroup.com/product/eating-well-in-pregnancy/</a>



For Families

**Feeding your Baby in the First Year**

Free course for families



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**Positive Mealtimes: Fussy Eating Strategies for Families**

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Free Course!

**Eating Well in Pregnancy**

Free course for expectant parents

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