

Early Start Nutrition- November 2022

Parent support and information

Parent Webinars

Book onto a webinar run by expert Registered Nutritionists for information, tips and advice, plus a chance to ask questions

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| Weaning your Baby | <p>This 45 minute webinar will support you on your weaning journey. We'll cover topics such as, when to introduce solid foods, what types of foods to offer and how to support your baby at mealtimes.</p> | <ul style="list-style-type: none"> • Tuesday 8th November at 8pm www.earlystartgroup.com/nutrition/parents-page/weaning-your-baby-webinar-for-parents/ |
| Toddler Meals & Snacks | <p>This 45 minute webinar will support you to plan meals and snacks for your little ones. We'll cover topics such as, what foods to offer, creating positive mealtimes and nutritious snacks and drinks.</p> | <ul style="list-style-type: none"> • Wednesday 16th November at 8pm www.earlystartgroup.com/nutrition/parents-page/toddlers-meals-and-snacks-webinar-for-parents/ |



Free Online
PARENT NUTRITION
 Weaning your Baby

 TUESDAY 8TH NOVEMBER  8PM



Free Online
PARENT WEBINAR
 Toddler Meals and Snacks

 WEDNESDAY 16TH NOVEMBER  8PM

Parent Courses

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

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| Feeding your Baby in the First Year | 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. | www.earlystartgroup.com/product/feeding-your-baby-in-the-first-year/ |
| Good Nutrition for your Toddler | 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. | www.earlystartgroup.com/product/good-nutrition-for-your-toddler/ |
| Positive Mealtime-Fussy Eating Strategies for Families | 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. | www.earlystartgroup.com/product/positive-mealtimes-fussy-eating-strategies-for-families/ |
| Eating Well in Pregnancy | 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. | www.earlystartgroup.com/product/eating-well-in-pregnancy/ |



For Families

Feeding your Baby in the First Year

Free course for families



For Families

Good Nutrition for your Toddler

Free course for families



For Families

Positive Mealtimes: Fussy Eating Strategies for Families

Free course for families



Free Course!

Eating Well in Pregnancy

Free course for expectant parents

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