

## Early Start Nutrition- January 2023

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

<b>Weaning your Baby</b>	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.	<ul style="list-style-type: none"> <li>• <b>Monday 16<sup>th</sup> January at 8pm</b>  <a href="http://www.earlystartgroup.com/nutrition/parents-page/weaning-your-baby-webinar-for-parents/">www.earlystartgroup.com/nutrition/parents-page/weaning-your-baby-webinar-for-parents/</a> </li> </ul>
<b>Toddler Meals &amp; Snacks</b>	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.	<ul style="list-style-type: none"> <li>• <b>Tuesday 24<sup>th</sup> January at 8pm</b>  <a href="http://www.earlystartgroup.com/nutrition/parents-page/toddlers-meals-and-snacks-webinar-for-parents/">www.earlystartgroup.com/nutrition/parents-page/toddlers-meals-and-snacks-webinar-for-parents/</a> </li> </ul>



Free Online  
**PARENT NUTRITION**  
 Weaning your Baby

 MONDAY 16TH JANUARY
  8PM



Free Online  
**PARENT WEBINAR**  
 Toddler Meals and Snacks

 TUESDAY 24TH JANUARY
  8PM

## 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="http://www.earlystartgroup.com/product/feeding-your-baby-in-the-first-year/">www.earlystartgroup.com/product/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="http://www.earlystartgroup.com/product/good-nutrition-for-your-toddler/">www.earlystartgroup.com/product/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="http://www.earlystartgroup.com/product/positive-mealtimes-fussy-eating-strategies-for-families/">www.earlystartgroup.com/product/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="http://www.earlystartgroup.com/product/eating-well-in-pregnancy/">www.earlystartgroup.com/product/eating-well-in-pregnancy/</a>



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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