

FEEDING YOUR BABY: INTRODUCING SOLIDS & BEYOND

This is a virtual group presented by our Registered Dietitian.

Topics covered include:

- When to start solid food
- Baby-Led Weaning and other approaches
- What and how much to feed your baby
- How to prevent food allergies

This is an interactive group and you will have a chance to ask questions.



Register for this group by calling
613-526-1906

or by email
info@rideaufht.ca

