

Starting Solids

Free local workshops



Introducing solid foods is the start of a whole new chapter for you and your baby

Come along!

Introducing solid foods at 6 months

Come to a Starting Solids workshop to help you get your baby off to a great start. The workshop will help you decide:

- When your baby is ready to try solid food
- What foods to start with
- When your baby is hungry and when they've had enough
- How to make mealtimes an enjoyable experience for both of you

Workshops are taking place throughout January, February, March 2026

Visit www.dudleyparents.co.uk or scan the QR code and click on the HENRY tile to book your place

