



Starting Solids Workshops

When baby can join in with the rest of whaanau in kai time

The **FREE** workshops offers information on:

- ▶ When baby should start eating solid foods.
- ▶ How to start baby on solid foods.
- ▶ The types of healthy kai to feed baby.

The workshop is an opportunity for mama and whaanau to learn, kooreo and ask questions on nutrition for their baby.

Call **0800HELPBF** or email ***terito.ora@middlemore.co.nz*** for workshop dates and more information.

The Starting Solids Workshops are proudly hosted by **Te Rito Ora - community breastfeeding and nutrition advice.**

