

Introducing solid foods at 6 months

When your baby is around 6 months old it's time to begin introducing solid foods. As your baby approaches this milestone, come to a **Starting Solids** workshop at your local children's centre to help you get your baby off to a great start and develop healthy eating habits.

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



Check your local children's centre timetable for details of the next workshop or contact the *Best Start with HENRY* service directly.

The *Best Start with HENRY* service in City & Hackney is supporting local families with children aged 0-5 – from shortly after birth, right through to starting school – to provide a healthy, happy start in life for their children and a healthy lifestyle for the whole family.

To find out how we can help you, pop into your nearest children's centre to ask when our workshops or programmes are running.

Contact details:

- ☎ 07519 109876
- ✉ hcsupport@henry.org.uk
- 🌐 www.henry.org.uk/hackney
- 📘 www.facebook.com/HENRY.HealthyFamilies



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