

ARE YOU A PARENT OR CARER OF A CHILD
UNDER 2 YEARS OLD?

PRESENTED BY A REGISTERED DIETITIAN
USING LATEST NATIONAL GUIDELINES

WE WELCOME YOU TO VIEW OUR FREE, PRE-RECORDED

WEBINAR SERIES

RECOMMENDED FEEDING PRACTICES
FOR 0-2 YEAR OLDS

TOPICS COVERED INCLUDE:

INFANT FEEDING PRACTICES

- BREASTFEEDING
- STARTING SOLIDS
- CHANGING FOOD TEXTURES
- FOOD AND DRINK RECOMMENDATIONS
- ALLERGIES

RESPONSIVE FEEDING PRACTICES

- ROLES AT MEALTIMES
- SIGNS OF HUNGER OR FULLNESS
- CREATING A POSITIVE MEALTIME ENVIRONMENT
- ROLE MODELLING
- EXPLORING NEW FOODS
- SUPPORTING FUSSY EATERS
- + MORE!

Support your
child's growth
& developemnt

Interesting
15 min
webinars!

View at a time
that suits you!



SCAN TO FIND OUT
MORE AND VIEW!



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