

Embracing FOOD AND PLAY

Join NCN Health, Yarrawonga Health and Moira Shire as we explore baby stages. With a focus on:

- Understanding and responding to babies feeding cues/signs
- When and how to introduce solid foods and sippy cups
- Progressing through food textures - from Puree to Lumps
- Dealing with gagging and choking
- Active play you can do together
- Strategies for limiting screen time
- Lots of practical tips and ideas



ALL WELCOME. FREE TO ATTEND.
IDEAL FOR FAMILIES WITH BABIES 5-10 MONTHS

BOOKINGS PREFERRED - DETAILS BELOW.



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