

# Embracing FOOD AND PLAY



Join NCN Health, Yarrawonga Health and Maternal Child Health 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 to family food
- Dealing with gagging and choking
- Active play you can do together
- Exploring healthy body image
- 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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