

Eat Well Play Well

Childhood Nutrition Talks: Term 1 2010

Talks are run by Nathalie Cook, Dietitian - Banyule Community Health.

INTRODUCING SOLIDS (Dietitian)

Where	Date	Time
West Heidelberg	Tuesday 9 February	10am-11.30am
West Heidelberg	Tuesday 23 February	10am-11.30am
West Heidelberg	Tuesday 16 March	10am-11.30am
West Heidelberg	Tuesday 23 March	10am-11.30am

HEALTHY EATING & ACTIVE PLAY FOR TODDLERS & PRESCHOOL CHILDREN (Dietitian & Occupational Therapist)

Where	Date	Time
West Heidelberg	Tuesday 16 February	10am-12am

NUTRITION & EXERCISE FOR MUMS AFTER PREGNANCY (Dietitian & Physiotherapist)

Where	Date	Time
West Heidelberg	Tuesday 9 March	10am-12am

VENUES: Banyule Community Health Centres

Greensborough
3/25-33 Grimshaw St
Melway: 20 K2

West Heidelberg
21 Alamein Rd
Melway: 19 E11

Cost: \$2 per session

Phone Banyule Council Customer Service on 9490 4222 to book

Eat Well Play Well

What is covered in the sessions?

INTRODUCING SOLIDS

When & how to start solids, signs baby is ready for solids, changing texture & transition to family food, preparing & storing baby food, commercial baby food, which milk & drinks are best, cups and bottles, oral hygiene, preventing choking, finger food, easy meat ideas and introducing solids when there is a history of allergies.

HEALTHY EATING & ACTIVE PLAY FOR TODDLERS & PRESCHOOLERS

Food quantities and nutrient needs for toddlers and preschoolers, developing independent feeding skills & healthy eating habits, managing fussy eating & food refusal, healthy breakfasts & after school snacks, easy & healthy lunchbox ideas, healthy canteen/lunch order choices, limiting "sometimes" food, limiting sweet drinks, the importance of family meal times in developing healthy eating habits, easy meal ideas, food allergy & Epipens, best drinks for children, encouraging active play & limiting 'screen time' to prevent overweight.

NUTRITION & EXERCISE FOR MUMS AFTER PREGNANCY

Nutrient needs and food quantities for mums after pregnancy; healthy, easy family meals, returning to your pre-pregnancy weight, alcohol & caffeine while breastfeeding, correct posture & lifting techniques to prevent and manage back pain, pelvic floor exercises & incontinence.

Questions regarding your family's nutrition are welcome at each session.

For an individual appointment with the Dietitian, Physiotherapist or Occupational therapist at Banyule Community Health phone 94502000.