

Eat Well Play Well

Childhood Nutrition Talks: Term 2 2009

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

INTRODUCING SOLIDS (Dietitian)

Where	Date	Time
West Heidelberg	Tuesday 21 April	1-2.30pm
West Heidelberg	Tuesday 28 April	10-11.30am
West Heidelberg	Tuesday 12 May	1-2.30pm
West Heidelberg	Tuesday 26 May	1-2.30pm
West Heidelberg	Tuesday 16 June	1-2.30pm
West Heidelberg	Tuesday 23 June	1-2.30pm

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

Where	Date	Time
Greensborough	Wednesday 29 April	1-3pm
Greensborough	Wednesday 13 May	1-3pm
Greensborough	Wednesday 27 May	1-3pm
Greensborough	Wednesday 10 June	1-3pm

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

Where	Date	Time
West Heidelberg	Tuesday 5 May	1-3pm
West Heidelberg	Tuesday 2 June	1-3pm

HEALTHY EATING & ACTIVE PLAY FOR CHILDREN STARTING KINDER OR SCHOOL

(Dietitian & Occupational Therapist)

Where	Date	Time
Greensborough	Wednesday 20 May	1-3pm
Greensborough	Wednesday 24 June	1-3pm

VENUES: Banyule Community Health Centres

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

West Heidelberg
21 Alamein Rd
Melway: 19 E11

Cost: Gold coin donation per session

Phone Banyule Council Customer Service on 9490 4222 to book

PTO for a summary of sessions

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

Food quantities and nutrient needs for toddlers, developing independent feeding skills & healthy eating habits, managing fussy eating & food refusal, 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.

HEALTHY EATING & ACTIVE PLAY FOR CHILDREN STARTING KINDER OR SCHOOL

Food quantities and nutrient needs for 4-7 year olds, healthy breakfasts & after school snacks, easy & healthy lunchbox ideas, healthy canteen/lunch order choices, limiting "sometimes" food, limiting sweet drinks, managing fussy eating or food refusal, the importance of family meals in developing healthy eating habits, dental care, food allergies & Epipens, and encouraging physical activity & limiting 'screen time' to prevent overweight.

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.