



Working together with trust and respect

BANYULE
Community Health

Eat Well Play Well

Childhood Nutrition Talks : Term 2, 2012

Talks run by Paediatric Dietitian, Nathalie Cook, APD, AN.

Introducing Solids (Dietitian)

Where	Date	Time
West Heidelberg	Tuesday 24 April	10am-11.30am
West Heidelberg	Tuesday 29 May	10am-11.30am
West Heidelberg	Tuesday 19 June	10am-11.30am

Healthy Eating & Active Play for Toddlers & Preschoolers

(Dietitian & Paediatric Occupational Therapist)

Where	Date	Time
West Heidelberg	Tuesday 8 May	10am-11:30am

Nutrition & Exercise for mums after pregnancy

(Dietitian & Physiotherapist)

Where	Date	Time
West Heidelberg	Tuesday 12 June	10am-11:30am

VENUE: Banyule Community Health, West Heidelberg, 21 Alamein Rd
(Melway:19 E11)

Note: Parking is limited so plan to arrive 10-15 minutes early.

To book phone 9490 4222 - Banyule Council Customer Service

Sessions are free, however a gold coin donation towards the cost of handouts is appreciated.



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What is covered in the sessions?

INTRODUCING SOLIDS

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

HEALTHY EATING & ACTIVE PLAY FOR TODDLERS & PRESCHOOLERS

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

NUTRITION & EXERCISE FOR MUMS AFTER PREGNANCY

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

Children are welcome to attend with parents. 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. Other health services available include Medical and Dental.