

EAT WELL, PLAY WELL



Banyule
CITY COUNCIL

Nutrition Talks - Term 3 2018

Introducing Solids

- 17th July
- 14th Aug
- 4th Sept
- 18th Sept

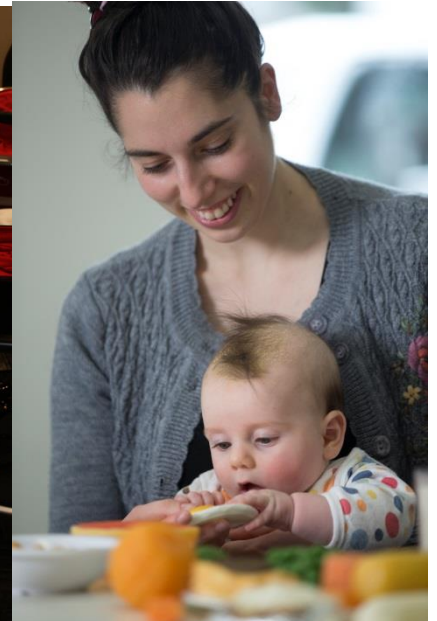
Toddler Nutrition

- 24th July
- 28th Aug

Nutrition for Mum's After Pregnancy

- 21th Aug

Gold coin donations appreciated



BANYULE
Community Health

Where: Banyule Community Health
21 Alamein Road, West Heidelberg
When: Tues. 10am - 11.30am in school term.

To book: <https://www.trybooking.com/UWWM>

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Nutrition Talks - Term 3 2018



BANYULE
Community Health

Introducing Solids

- Best age to start solids. Reducing food allergy risk.
- Transition from spoon-feeding to finger food and family food.
- Preventing choking. Easy, healthy family meal ideas.
- Making and storing baby food. Using bottles and cups.
- Other topics: organic vs conventionally grown food, vegetarian diets for mums and babies, baby lead weaning. Best drinks for toddlers.

Toddler Nutrition

- How much and what foods toddlers need each day.
- Why toddler's appetites vary from day to day and how to manage this.
- How eating with your child helps teach healthy eating habits.
- Division of responsibility at mealtimes: *'Parents provide, children decide'*.
- Easy & nutritious meal, snack, and lunchbox ideas.
- "Everyday" and "sometimes" foods. Best drinks for children.
- Ideas for active play with your children.
- Children's speech development.

Nutrition & Exercise for Mums after Pregnancy

- How much and what foods mums need while breastfeeding.
- Eating well for health after pregnancy.
- Meal planning and shopping tips for healthy family meals.
- Developing healthy family eating habits.
- Exercise after pregnancy for a strong back and pelvic floor.

Sessions are presented by Dietitians, Physiotherapists & Allied Health Assistants.

Children are welcome to attend with parents.

Parking is limited in surrounding streets, so plan to arrive 10-15 minutes early.