

# EAT WELL, PLAY WELL



Banyule  
CITY COUNCIL

Nutrition Talks - Term 4 2017

## Introducing Solids

- 10<sup>th</sup> October
- 31<sup>st</sup> October
- 21<sup>st</sup> November
- 12<sup>th</sup> December

## Toddler Nutrition

- 24<sup>th</sup> October
- 28<sup>th</sup> November

## Nutrition for Mum's After Pregnancy

- 14<sup>th</sup> November

## Nutrition During Pregnancy

- 17<sup>th</sup> October

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: [www.trybooking.com/306946](http://www.trybooking.com/306946)

# EAT WELL, PLAY WELL

Nutrition Talks - Term 4 2017



**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, healthy meal & snack ideas. Best drinks for children.
- Ideas for active play with your children. Speech development.

## Nutrition & Exercise for Mums after Pregnancy

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

## Nutrition during Pregnancy

- Should I eat for two? How much weight should I gain? Which fish is safe?
- Should I take supplements? Should I avoid any foods in pregnancy?
- General healthy eating advice in pregnancy (nb: not suitable if you have gestational diabetes or specialist needs).

**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 mins. early.**