

EAT WELL, PLAY WELL

Nutrition Talks - Term 1 2018

Introducing Solids

- 30th January
- 13th February
- 27th February
- 20th March

Toddler Nutrition

- 6th March
- 27th March

Nutrition & Exercise for Mums after Pregnancy

- 6th March

Nutrition during Pregnancy

- 20th February
- 13th March

Gold coin donations appreciated



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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.