St.Helens Infant Feeding Team

Introducing Solid Food Parties

Within the local community, we offer a professional and caring approach to supporting mothers and families who wish to introduce solid food into a baby's diet.

At our parties:

- We provide group sessions in a variety of locations within the community,
- Discuss the introduction of solid food including why, when & how, according to the NHS guidelines
- Offer the chance to ask questions and raise any concerns,
- Provide recipes, hints & tips to make this an enjoyable time for you & your baby,
- We distribute FREE goody bags.

"The information gave peace of mind, I hadn't thought much on how to start"
Sarah, 23, Mum to Alfie

"I learnt why it's important not to introduce solids before 6 months"
Jen, 31, Mum to Millie

"Excellent resources provided, including Cups & toothbrush/paste"
Mark, 36, Dad to Thomas



*calls cost the same as calling a landline, even from a mobile.

For more information, call the Infant Feeding Team on:

0300 300 0103

visit: www.healthysthelens.co.uk

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Pop along to one of our drop-in sessions:

Introducing Solid Food Parties - 2018	
Rainhill Clinic View Road, Rainhill L35 0LE	1st Wednesday of every month 11.00am-12.00pm
Newton Children's Centre Patterson Street, Newton-le-Willows WA12 9PZ	1st Thursday of every month 11.00am-12.00pm
Sutton Children's Centre Ellamsbridge Road, Sutton, St.Helens WA9 3PY	1st Friday of every month 1.00pm-2.00pm
Fourways Children's Centre Burnage Ave, Clock Face, St.Helens WA9 4QB	2nd Tuesday of every month 10.30am-11.30am
Woodside Healthcare Centre, Woodside Road, Haydock, St.Helens WA11 0NA	2nd Wednesday of every month 12.00pm-1.00pm
Thatto Heath Children's Centre Brisbane St, St.Helens WA9 5QT	3rd Monday of every month 1.00pm-2.00pm
Parr Children's Centre Ashtons Green Drive, Parr, St.Helens WA9 2AP	4th Wednesday of every month 1.00pm-2.00pm
Central Link Children's Centre Peter Street, St.Helens WA10 1QF	4th Thursday of every month 1.00pm-2.00pm



Can't make it?
Don't worry, we can come to you.

"Friendly sessions with approachable staff"
Claire, 26, Mum to Oscar

"After reading lots on the internet, the session really helped clarify everything"
Leanne, 21, Mum to Lola

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