



Weaning workshop information

This workshop will take 1-2 hours depending on the number of participants and number of questions you have! It can be in your home or mine, and babies are welcome too! My home in central N8 has parking (no restrictions after 12 noon) and space for buggies.

We cover the following

- When to start
- puree v BLW
- home-made v commercial baby food
- how milk feeds fit in with solids
- what you need and what you don't need to buy
- progression of weaning

The course is charged per person at £35 per person for 4 or more people, if there are 3 of you it is £40 and if there are 2 of you it is £50

4 weeks of email support is included in addition to a digital copy of my weaning video and all information in handout form. The video is particularly useful to show others who are involved in your child's care e.g. partner or grandparents.

FAQ

What are your credentials to run a workshop for us?

I have a degree in Nutrition and 20 years' experience as both an NHS dietitian and in private practice as a Registered Nutritionist in all sorts of areas of nutrition. I have 3 children and began running these sessions around 7 years ago. I have recently been approached to be a regular expert for Mother and Baby mag and have a feature in this month's issue, I run weaning sessions every week regularly for post-natal group, Nurturing Mums and privately. I also see people on a 1-2-1 basis for advice at all stages of weaning and feeding children. I am passionate that food should be a positive family experience and this starts with your little ones. My advice is practical, relaxed and non-judgemental. I regularly liaise with HV and infant feeding experts to ensure my advice is in line with current recommendations.

How old should my baby be when we attend?

The current guideline is to wait until around 6 months to wean onto solids. In practice most people start a little earlier than that so I would advise a workshop around the 5-month mark. If anyone wants to start before the workshop I can give individual advice to last until the session. Some groups do get me back a few months later to trouble shoot!

Let me know if you need further information!

Sam www.happyeaters.co.uk