



## Weaning Workshop information

The workshop will take around 1 hour to 1.5 hours depending on the number of people and questions etc.

It can be at your home or mine, with babies. My home is in central N8 with parking and space for buggies etc.

We cover the following

- When to start
- puree v BLW
- homemade v commercial baby food
- how milk feeds fit in with solids
- what you need and what you dont need to buy
- progression of weaning

The course is charged per person at £30 a person for 3 or more people.

If there are only two it is £40 per person and for a 1-2-1 session it is £70

4 week's email support, a copy of my digital weaning video and handouts are included in the price. The video is particularly useful to show others who are involved with your child's care eg partner, grandparent, carer.

Let me know if you need further information!

Sam

[www.happyeaters.co.uk](http://www.happyeaters.co.uk)