

EMBRACING FOOD & PLAY

● Cobram ● Nathalia ● Numurkah ● Yarrawonga

Join dietitians and the Maternal & Child Health team for practical, real-life guidance for all parents and care givers.

WHAT WE'LL COVER

- ✓ Introducing solids
- ✓ Baby-led weaning
- ✓ Common allergens
- ✓ Transitioning from milk feeds
- ✓ Fun play, games, and tummy time
- ✓ Self care and wellbeing for new parents

**FREE
TO
ATTEND**

MEET, SHARE & CONNECT

Connect with other parents and carers in a relaxed, welcoming space to ask questions, share experiences, and build confidence

IDEAL FOR BABIES AGED 5 - 10 MONTHS



Bookings Preferred.
For more information and to book a place, go to our website, call Maternal & Child Health on (03) 5871 9275

