



# Early Start Nutrition

April 2026

## Family Webinars

Free webinars led by expert Registered Nutritionists, offering practical information, helpful tips, and the opportunity to ask your questions.

**Book your place here:** [earlystartnutrition.com/family-nutrition/](https://earlystartnutrition.com/family-nutrition/)

**100% of families felt more confident after attending a webinar!**

### Weaning your Baby

This 45-minute webinar will support you on your weaning journey. We'll cover topics such as, when to introduce solid foods, what types of foods to offer and how to support your baby at mealtimes.

**Date:**  
**Tuesday 21<sup>st</sup> April**  
**Time: 1:30pm**



### Toddler Meals and Snacks

This 45-minute webinar will support you to plan meals and snacks for your little ones. We'll cover topics such as, what foods to offer, creating positive mealtimes and nutritious snacks and drinks.

**Date: Wednesday**  
**22nd April**  
**Time: 7:30pm**



**WE ARE NEWHAM.**

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## Family Nutrition Courses

Sign up for a free course for tips, advice and support resources:

<https://earlystartnutrition.com/family-nutrition/>

Over 1,000 online  
courses booked!

### Feeding your Baby in the First Year

This course covers when to introduce solid foods, what to offer, and how to introduce lumps and finger foods



### Good Nutrition for your Toddler

This course helps you give your toddler a nutritious diet, with guidance on foods, snacks, drinks, positive mealtimes, and vitamins



### Positive Mealtimes - Fussy Eating Strategies for Families

This course will provide you with information on how to support your child if they're a fussy eater! It explores why children refuse food and offers practical tips to support fussy eaters at mealtimes



### Eating Well in Pregnancy

This course explores how to eat well in pregnancy, including nutritious food choices, foods to limit, and recommended supplements

