



Health Promotion Session

Weaning & Healthy Eating

Run by Newham Health Visiting Team

Transitioning to solids and building positive eating habits for your baby



The session provides parents and carers with practical advice on signs of when your child is ready for solids and what food to give, whilst your baby develops a positive and healthy eating habit

Thursday 20th August 2026

1:30pm – 2:00pm

Rebecca Cheetham Nursery & Children's Centre

Call to book a space on 0208 534 3136