



Early Start Nutrition- January 2025

Parent support and information



Parent Webinars

Book onto a webinar run by expert Registered Nutritionists for information, tips and advice, plus a chance to ask questions

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.	<ul style="list-style-type: none">• Tuesday 28th January at 7:30pm www.earlystartgroup.com/nutrition/parents-page/weaning-your-baby-webinar-for-parents/
Toddler Meals & 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.	<ul style="list-style-type: none">• Friday 31st January at 1:30pm www.earlystartgroup.com/nutrition/parents-page/toddlers-meals-and-snacks-webinar-for-parents/

FREE WEBINAR FOR PARENTS

Weaning your Baby

TUESDAY 3RD DECEMBER
1:30PM

FREE WEBINAR FOR PARENTS

Toddler Meals & Snacks

MONDAY 16TH DECEMBER
7:30PM

Parent Courses

Sign up for a free parent's course for tips, advice and support resources

Feeding your Baby in the First Year	This course explores questions, such as when to offer your baby their first foods, what foods to offer and how to encourage your little one to try lumpy and finger foods.	www.earlystartgroup.com/product/feeding-your-baby-in-the-first-year/
Good Nutrition for your Toddler	This course will help you to provide your toddler with a nutritious diet. It covers information on what foods to offer, nutritious snack and drink choices, how to create positive mealtimes and vitamin recommendations.	www.earlystartgroup.com/product/good-nutrition-for-your-toddler/
Positive Mealtime-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 covers information on why children refuse food, along with tips and strategies to support your child at mealtimes.	www.earlystartgroup.com/product/positive-mealtimes-fussy-eating-strategies-for-families/
Eating Well in Pregnancy	This course will provide you with information on how to eat well in pregnancy. It covers information on what a nutritious diet looks like, the foods to limit and avoid, along with supplement recommendations.	www.earlystartgroup.com/product/eating-well-in-pregnancy/



For Families

Feeding your Baby in the First Year

Free course for families



For Families

Good Nutrition for your Toddler

Free course for families



For Families

Positive Mealtimes: Fussy Eating Strategies for Families

Free course for families



Free Course!

Eating Well in Pregnancy

Free course for expectant parents

Don't forget to follow Early Start Nutrition on social media!

[Instagram](#)

[Facebook](#)

[X \(formerly Twitter\)](#)

[YouTube](#)