



Introducing Solids Sessions

**Giving your baby a better start in life.
Attend a workshop at your local Family
Centre to find out:**

When to start

How to start

First Foods

Care of teeth

Good habits

Allergies

Foods to avoid

**Delivered by Community Nursery Nurses,
Spelthorne Health Visiting Team.**

****Unfortunately there is no crèche facility,
so we cannot welcome siblings.***

Venue:	Date:	Time:
Clarendon Family Centre Clarendon Primary School Knapp Road Ashford TW15 2HZ Tel: 01784 424759 clarendoncc@clarendon.surrey.sch.uk	Friday 20th September 2019	09.30-11.00am
Stanwell Family Centre Hadrian Way, Stanwell TW19 7HE Tel: 01784 241407 stanwellfamilycentre@surreycaretrust.org.uk	Tuesday 15th October 2019	13.30-15.00pm
Buckland Family Centre Buckland Primary School Berryscroft Road Laleham Staines upon Thames TW18 1NB Tel: 01784 227977 admin@bucklandchildrenscentre.com	Tuesday 19th November 2019	13:00-14.30pm

***Please contact the centre you would like to attend**