**Baby’s First Solids**

*When should I offer solid foods? Is my baby ready? What foods do I offer and how much? Should I worry about allergens? What is baby-led weaning?*

Due to the COVID-19 pandemic, Baby’s First Solids Classes are not running as usual, however…

Contact the Maternity Centre’s Registered Dietitian *Kristine* to find answers to these questions and more!



Email Kristine at [kopechak@tbh.net](mailto:kopechak@tbh.net) to learn all about introducing solid foods to your baby!