

Feeding Your Baby Program Background

This Program was developed and is taught by our Registered Dietitian.

This program welcomes caregivers and babies to participate in a supportive group environment. You can expect to learn how and when to introduce solids, introducing textures (pureed, mashed, chunky and diced), and other topics related to feeding your baby in the first 12 months. You can also ask our registered dietitian any questions you may have about feeding your baby.

Eating can be a pleasurable experience

Visit our website for
more healthy feeding
tips!

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West Durham
Family Health Team



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Feeding Your Baby

The first 12 months

