



# Mealtime Struggles to Mealtime Success

## FREE Online Nutrition Class

for parents and caregivers of  
1 to 5 year olds

### Fall 2020 Schedule:

September 29<sup>th</sup> 6:30pm-8:00pm

October 28<sup>th</sup> 6:30pm-8:00pm

November 18<sup>th</sup> 6:30pm-8:00pm

December 8<sup>th</sup> 6:30pm-8:00pm

Join a Registered Dietitian to learn how to:

- create a positive mealtime environment
- introduce new foods
- cope with mealtime struggles

Easy to attend evening virtual classes!

### REGISTRATION:

- [birthandbabies.com](http://birthandbabies.com)
- 403-955-1450



**Alberta Health  
Services**





# Feeding Your Baby

## FREE Online Nutrition Class

for parents and caregivers  
of infants

### Fall 2020 Schedule:

September 8<sup>th</sup> 1:30pm-3:00pm

September 22<sup>nd</sup> 10:30am-12:00pm

October 7<sup>th</sup> 1:30pm-3:00pm

October 20<sup>th</sup> 10:30am-12:00pm

November 4<sup>th</sup> 1:30pm-3:00pm

November 17<sup>th</sup> 10:30am-12:00pm

December 1<sup>st</sup> 1:30pm-3:00pm

A Registered Dietitian will share information and answer your questions on starting solids and first foods, textures, finger foods, timing, amounts, and more!

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