



Mealtime Struggles to Mealtime Success

FREE Online Nutrition Class

for parents and caregivers of
1 to 5 year olds

Summer 2021 Schedule

May 11 th	6:30 pm - 8:00 pm
May 26 th	1:30 pm - 3:00 pm
June 9 th	6:30 pm - 8:00 pm
July 13 th	6:30 pm - 8:00 pm
August 11 th	6:30 pm - 8:00 pm

Join a Registered Dietitian to learn how to:

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

Easy to attend
virtual classes!

REGISTRATION:

- birthandbabies.com
- 403-955-1450



**Alberta Health
Services**



Feeding Your Baby

FREE Online Nutrition Class

for parents and caregivers
of infants

Summer 2021 Schedule

May 4 th	10:30 am - 12:00 pm
May 19 th	6:30 pm - 8:00 pm
June 2 nd	1:30 pm - 3:00 pm
June 15 th	6:30 pm - 8:00 pm
July 6 th	10:30 am - 12:00 pm
July 21 st	1:30 pm - 3:00 pm
August 4 th	1:30 pm - 3:00 pm
August 17 th	10:30 am - 12:00 pm

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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