

FREE
COURSE

gcda®

Nourishing Nippers!

online Course



- Do you have a baby ready to start solids?
- Would you like to know more about signs of readiness & types of food to feed them?
- Would you like to build some confidence in feeding your baby?

If so then this new and completely free online course is for you! Over the course of 5 sessions with a qualified dietician we will explore signs of readiness, what to feed your baby, allergens, busting myths, compare shop versus homemade versions and much more.

Dates (all 1pm-2.30pm):

COURSE 1: 26th, 28th Jan, 2nd, 4th, 9th Feb

COURSE 2: 16th, 18th, 23rd, 25th Feb, 2nd Mar

COURSE 3: 4th, 9th, 11th, 16th 18th March

COURSE 4: 22nd, 23rd, 25th, 29th, 30th March

To book your place please click the button or contact Andrea 10am-4pm Monday & Tuesdays on 020 8269 4885 or email: andrea@gcda.org.uk or contact your local children's centre.

BOOK

zoom

This course is now being taught online via and will include sessions with experts in their fields and question and answer session each week.

Zoom is a cloud-based video conferencing service you can use to virtually meet with others- either by video, audio-only or both, all while conducting live chats. It is free to download on a computer, phone or tablet. Either visit your app store or go to www.zoom.us/download

GOOD
FOOD
in Greenwich

ROYAL borough of
GREENWICH