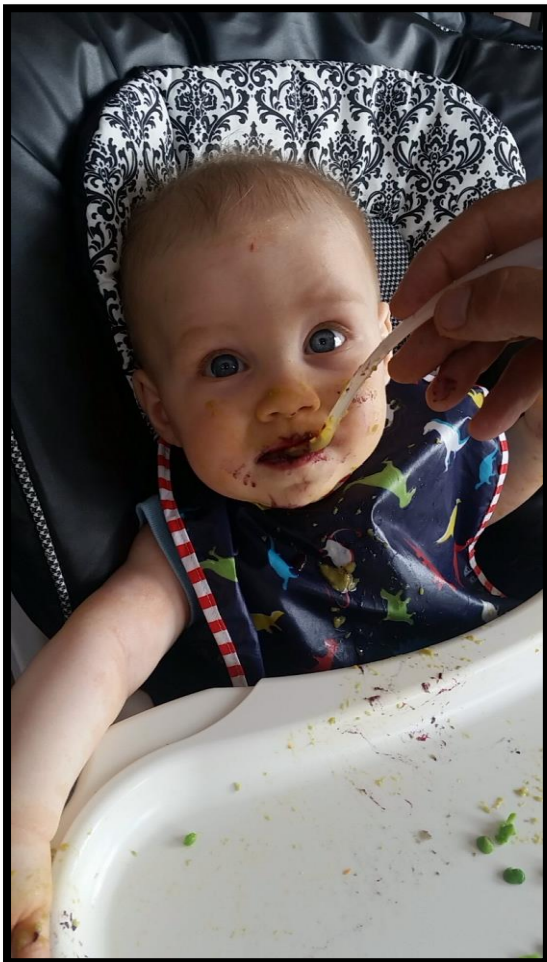




Feeding Baby Family Foods

Tips for parents and caregivers

Presented by Melanie Warken, Public Health Dietitian



What will we talk about?

- The Feeding Relationship
- Signs your baby is ready
- How often to feed
- How much to feed
- What to feed (types and textures)
- Protecting your baby while feeding

When are sessions offered?

- Thursday, October 5th OR November 30th
- 10:00 – 11:30 AM

Where do I go?

- Available at the Katherine Klassen Education Centre, Dr. F.H. Wigmore Regional Hospital in **Moose Jaw, OR**
- One of the following rural Telehealth Sites:
Assiniboia
Central Butte
Craik
Gravelbourg
Rockglen

Babies are welcome to attend with their parents and caregivers. To secure a spot today, call Public Health @ (306) 691-1553.