

Oxleas Parent Online – Starting Solids

Recommended websites in addition to Oxleas Parent Online resources

remember you can always talk to your health visitor team if you have more questions or need help

- Babies can get all the nutrients they need from breast milk or infant formula until they are around 6 months old
- Talk to a health visitor, nursery nurse or breastfeeding advocate for help and information
- Ask about the Starting Solids session in your local children’s centres (see below for details)

[Health Visiting service in Greenwich](#)

[Children’s Centres in Greenwich](#)

Feeding

NHS Start4Life parents leaflet and website

[Introducing solid foods](#)

[Start4Life - First foods](#)

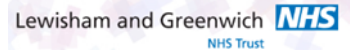
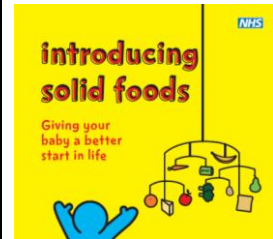
[NHS CHOICES What to feed young children](#)

[NHS CHOICES Baby and toddler meal ideas](#)

[NHS CHOICES Food labels](#)

[NHS CHOICES Vitamins for children](#)

[NHS Lewisham & Greenwich Introducing solid foods videos](#)



[Eating well for new mums and babies](#)

[Eating well in the first year; a guide to introducing solids and eating well up to baby’s first birthday](#)

First Steps Nutrition Trust is a public health nutrition charity that provides information and resources to support eating well from pre-conception to five years.

[Eating well recipe book](#)



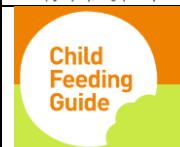
Eating well: the first year
A guide to introducing solids and eating well up to baby’s first birthday

Eating well recipe book
Simple, cost-effective ideas for the whole family

[Henry Healthy Start Healthy Future](#) Videos [Healthy eating](#) and [Healthy Teeth](#)



[The Child Infant Feeding Guide](#) helps **tackle fussy eating** and **create happy mealtimes**


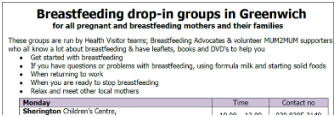











[Baby-led weaning leaflet](#)

Baby led weaning is a way of starting solid foods that allows babies to feed themselves – there is no need for spoon feeding or purees.

Baby-led Weaning



<p>Video clip Best Beginnings: Introducing other foods</p>	
<p>Visit a breastfeeding group to find out about starting solids for your breastfed baby Greenwich Breastfeeding Groups</p>	
<p>If you are formula feeding, first infant milk is best until baby is one year old</p> <p>First Steps Nutrition Trust Infant milks: a simple guide</p> <p>The Baby Friendly Initiative and First Steps Nutrition Trust parents leaflet What infant formula to choose & how to bottle feed – responsive bottle feeding</p>	 
<p>NHS Healthy Start NHS Healthy Start Application form. Free milk, fresh fruit, veg & vitamins for you and your family. If you are pregnant or have a child under four years old you could get Healthy Start vouchers to help buy some basic foods.</p> <p>NHS CHOICES information vitamins for children</p>	
<p>NHS CHOICES Video My young child is choking – what should I do?</p>	
<p>BDA The Association of UK dieticians Food Allergies and Intolerances Suitable milks for children with cows milk allergy</p>	
<h2 style="text-align: center;">Good health and development</h2>	
<ul style="list-style-type: none"> •NHS dental treatment is free in pregnancy and for first year after birth NHS CHOICES •Register your baby with a dentist at around 6 months <p>NHS CHOICES Children's teeth Public Health England Fact sheet; A quick guide to a healthy mouth in children</p> <p>Information on caring for your child's teeth from NHS Scotland Childsmile</p>	 
<p>What to expect, when? Leaflet about your child's learning and development</p>	
<p>NHS Born to move app</p>	

Starting Solid foods sessions
For babies aged 4-6 months who have not yet started solid food
Call or visit to book into the starting solids session

What can babies do? What do babies need?
 Why is around 6 months the best age to start solids?
 How will you know your baby is ready?
 What are healthy foods & drinks for babies and small children?
 How to feed babies – Smooth? Mashed? Finger foods?
 How much to eat and how often?
 How can I get more help and information?

**The Slade Children’s Centre,
 Erindale, Plumstead, SE18 2QQ**
Call 020 8854 7900
Fridays 1.30-3.00pm

17 th May 2019	21 st June 2019
12 th July 2019	13 th September 2019
18 th October 2019	15 th November 2019
20 th December 2019	

**Eglinton Children’s Centre,
 Paget Rise, Woolwich SE18 3PY**
Call 020 8331 0374
Mondays 1.30-3.00

20 th May 2019	10 th June 2019
8 th July 2019	9 th September 2019
14 th October 2019	11 th November 2019
9 th December 2019	

**Waterways Children’s Centre,
 Southwood Road, Thamesmead, SE28 8EZ**
Call 020 8311 5491
Wednesdays 9.30-11.30

27 th March 2019	24 th April 2019
15 th May 2019	26 th June 2019
17 th July 2019	25 th September 2019
30 th October 2019	20 th November 2019
18 th December 2019	

**Sherington Children’s Centre,
 Sherington Rd, Charlton, SE7 7JP**
Call 020 8305 3140
Thursday 9.30-11.00am

7 th March 2019	4 th April 2019
2 nd May 2019	6 th June 2019
4 th July 2019	5 th September 2019
3 rd October 2019	7 th November 2019
5 th December 2019	

**Storkway Children’s Centre,
 Ridgebrook Rd, Kidbrooke SE3 9QX**
Call 020 8331 1970
Wednesdays 9.30-11.30

22 nd May 2019	19 th June 2019
17 th July 2019	18 th September 2019
16 th October 2019	6 th November 2019
4 th December 2019	