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)

<table>
<thead>
<tr>
<th>Health Visiting service in Greenwich</th>
<th>Children’s Centres in Greenwich</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Feeding</strong></td>
<td></td>
</tr>
<tr>
<td>NHS Start4Life parents leaflet and website</td>
<td></td>
</tr>
<tr>
<td><strong>Introducing solid foods</strong></td>
<td></td>
</tr>
<tr>
<td>Start4Life - First foods</td>
<td></td>
</tr>
<tr>
<td>NHS CHOICES What to feed young children</td>
<td></td>
</tr>
<tr>
<td>NHS CHOICES Baby and toddler meal ideas</td>
<td></td>
</tr>
<tr>
<td>NHS CHOICES Food labels</td>
<td></td>
</tr>
<tr>
<td>NHS CHOICES Vitamins for children</td>
<td></td>
</tr>
<tr>
<td>NHS Lewisham &amp; Greenwich Introducing solid foods videos</td>
<td></td>
</tr>
<tr>
<td><strong>Eating well for new mums and babies</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Eating well in the first year; a guide to introducing solids and eating well up to baby’s first birthday</strong></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Eating well recipe book</td>
<td></td>
</tr>
<tr>
<td><strong>Henry Healthy Start Healthy Future</strong> Videos Healthy eating and Healthy Teeth</td>
<td></td>
</tr>
<tr>
<td>The Child Infant Feeding Guide helps tackle fussy eating and create happy mealtimes</td>
<td></td>
</tr>
<tr>
<td>Baby-led weaning leaflet</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>
Visit a breastfeeding group to find out about starting solids for your breastfed baby
Greenwich Breastfeeding Groups

If you are formula feeding, first infant milk is best until baby is one year old
First Steps Nutrition Trust  Infant milks: a simple guide
The Baby Friendly Initiative and First Steps Nutrition Trust parents leaflet
What infant formula to choose & how to bottle feed – responsive bottle feeding

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.
NHS CHOICES information vitamins for children

NHS CHOICES Video  My young child is choking – what should I do?

BDA The Association of UK dieticians
Food Allergies and Intolerances
Suitable milks for children with cows milk allergy

Good health and development

•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
NHS CHOICES Children’s teeth
Public Health England Fact sheet;  A quick guide to a healthy mouth in children
Information on caring for your child’s teeth from NHS Scotland  Childsmile

What to expect, when?
Leaflet about your child’s learning and development

NHS Born to move app
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?

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

14th October 2019  11th November 2019
9th December 2019  20th January 2020
24th February 2020  16th March 2020

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

30th October 2019  20th November 2019
18th December 2019  29th January 2020
19th February 2020  25th March 2020

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

3rd October 2019  7th November 2019
5th December 2019  6th January 2020
6th February 2020  5th March 2020

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

16th October 2019  6th November 2019
4th December 2019  8th January 2020
5th February 2020  4th March 2020

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

18th October 2019  15th November 2019
20th December 2019  31st January 2020
28th February 2020  27th March 2020