

Like to know more about introducing solids, family foods or fussy eating?

Starting Solids and Progressing to Family Foods



45 min video with practical ideas to support your baby learning to eat. Suitable for parents of 5-12 month olds.

Access via QR code or healthupnorth.info/solids_familyfoods



Fuss Free Mealtimes



45 min video full of tips and ideas you can try to create adventurous eaters and fuss free mealtimes. Suitable for parents of 2-5 year olds.

Access via QR code or healthupnorth.info/fussfree



Videos hosted by paediatric dietitian Karina Savage.

