



# 2025




## Monthly Schedule for Infant and Child Nutrition Classes on TEAMS


Got burning questions about launching your little one into the world of solid foods? Or maybe you're fretting over what your kiddos are munching (or avoiding)? Fear not! Join one of our fabulous free classes where a registered dietitian will dish out the answers you crave. Choose from two options, happening every other month, and mark your calendars for **10am to 11:30am**. It's time to swap worries for wisdom!


*Class 1 - Feeding Your Baby - Into to Solids*


*Class 2 - Feeding Littles - How to have pleasant mealtimes*

 **January 30**  
Feeding Your Baby -  
Intro to Solids

**February 27**   
Feeding Littles - How  
to have pleasant  
mealtimes

**March 27**   
Feeding Your Baby -  
Intro to Solids

 **April 17**  
Feeding Littles - How to  
have pleasant mealtimes

 **May 29**  
Feeding Your Baby -  
intro to solids

 **June 19**   
Feeding Littles - How  
to have pleasant  
mealtimes



**July**   
No class

**August**   
No class

**September 25**  
Feeding Your baby -  
intro to solids 

 **October 30**  
Feeding Littles - How  
to have pleasant  
mealtimes

**November 27**   
Feeding Your Baby -  
Into To Solids

 **December 11**   
Feeding Littles - How  
to have pleasant  
mealtimes

**For more information or to register call 1-877-979-9355 or email [wellness@ierha.ca](mailto:wellness@ierha.ca)**