


# 2026

## 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 Children- How to have pleasant mealtimes*




January 29

Feeding Your Baby -  
Intro to Solids




February 26

Feeding Children -  
How to have pleasant  
mealtimes




March 26

Feeding Your Baby -  
Intro to Solids




April 30

Feeding Children- How  
to have pleasant  
mealtimes




May 28

Feeding Your Baby -  
intro to solids




June 18

Feeding Children -  
How to have pleasant  
mealtimes



July

No class





August

No class


September 24

Feeding Your baby -  
intro to solids



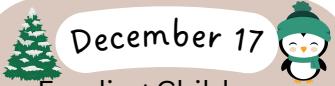
October 29

Feeding Children -  
How to have pleasant  
mealtimes



November 26

Feeding Your Baby -  
Into To Solids



December 17

Feeding Children -  
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)**