



Healthy Eating Program for Infants - 2025

Monday 10:30am:

16th June, 4th August,

8th September, 13th October,

10th November & 8th December



The session is led by Dietitians and covers:

- Introducing solids
- Food refusal and fussy eating
- Tummy time
- Active play ideas

Group session



In person group session to provide information about healthy eating and active play for parents with babies **around 4-6 months** of age who are about to start solids.



Phone app

Download the My Baby Now App for more support and ideas.

Online sessions are also offered by Banyule City Council:

<https://www.banyule.vic.gov.au/Events-activities/Whats-on/Council-events/Healthy-eating-program-for-infants>

Holstep Health – West Heidelberg (previously Banyule Community Health)

21 Alamein Road, West Heidelberg 3081

Bookings: <https://www.trybooking.com/DAXZH>

Enquiries: ellen.harris@bchs.org.au or 9450 2670



Holstep Health

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