

Introducing Solid Foods

Free sessions for parents in Runcorn and Widnes



6 months is the recommended age to start introducing solid foods to your baby.

We offer FREE one off sessions for advice and tips on how and when to get started.

You are welcome to bring your baby with you and you can also bring your partner or a friend / family member - just let us know when you book if you're bringing someone with you.

We cover how to get started, foods to try and avoid, and there's lots of opportunities to ask questions.



Where do our sessions take place?

We run sessions at the following venues:

Ditton Library, Queens Avenue, Widnes, WA8 8HR

Brookvale Children's Centre, Woodhatch Road, Runcorn, WA7 6BJ

Warrington Road Children's Centre, Naylor Road, Widnes, WA8 0BS

Halton Lodge Children's Centre, Grangeway, Runcorn, WA7 5LU

Pre-booking is essential.

Dates can be found on our website: www.halton.gov.uk/ISF

Call **0300 029 0029** for more details and to secure your place.