

Weaning Week 2022

4th – 11th May

The Public Health Dietitians Group have put together a package of resources and materials that we hope you find useful to share with the families and colleagues you work with over national Weaning Week.

Please use whatever materials you think will work best for you. Below you will find the information we want to highlight during weaning week and a brief suggestion as to how you can use the attached materials.

Nutrition Matters for the Early Years training

This training is run by Dietitians and registered Nutritionists for Childminders and Day Care providers. Participants receive a certificate on completing the training along with PHA's practical booklet 'Guidance for feeding under-fives in the Childcare setting'. We want to highlight the availability of this training and some testimonials from those who have benefitted already.

SHARE: Please share the attached Nutrition Matters Flyer with any relevant contacts either in an email attachment or on social media.

Introducing Solids Live Webinar Thursday 5th May @ 10am

One of a suite of webinars run regionally by the Public Health Dietitians Group lands ideally at the beginning of weaning week. An ideal place to signpost parents on the cusp of the weaning adventure!

SHARE: Please share the attached Webinar Flyer with any relevant family groups in your whatsapp chats or on social media.

"Top tips for starting weaning" Infographics

A lovely selection of short and snappy information bites to get the key, accurate and evidence based messages about introducing solids out there to your communities in a simple way.

SHARE: Please share the attached collection of infographics on your social media pages or in your whatsapp groups.

Recipe cards

Simple, budget friendly recipes to walk any parent through making an appropriate baby friendly

SHARE: Please share the attached recipe graphics on your social media pages or in your whatsapp groups.