

Oxleas Parent Online – Starting Solids

Recommended websites in addition to Oxleas Parent Online resources

remember you can always talk to your health visitor team if you have more questions or need help

- Babies can get all the nutrients they need from breast milk or infant formula until they are around 6 months old
- Talk to a health visitor, nursery nurse or breastfeeding advocate for help and information
- Ask about the Starting Solids session in your local children’s centres (see below for details)

[Health Visiting service in Greenwich](#)

[Children’s Centres in Greenwich](#)

Feeding

NHS Start4Life parents leaflet and website

[Introducing solid foods](#)

[Start4Life - First foods](#)

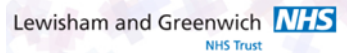
[NHS CHOICES What to feed young children](#)

[NHS CHOICES Baby and toddler meal ideas](#)

[NHS CHOICES Food labels](#)

[NHS CHOICES Vitamins for children](#)

[NHS Lewisham & Greenwich Introducing solid foods videos](#)



[Eating well for new mums and babies](#)

[Eating well in the first year; a guide to introducing solids and eating well up to baby’s first birthday](#)

First Steps Nutrition Trust is a public health nutrition charity that provides information and resources to support eating well from pre-conception to five years.



Eating well: the first year
A guide to introducing solids and eating well up to baby’s first birthday

[Baby-led weaning leaflet](#)

Baby led weaning is a way of starting solid foods that allows babies to feed themselves – there is no need for spoon feeding or purees.

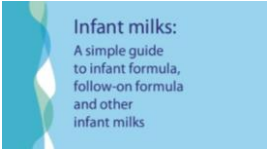






Baby-led Weaning



Video clip

[Best Beginnings: Introducing other foods](#)



<p>Visit a breastfeeding group to find out about starting solids Greenwich Breastfeeding Groups</p> <p>Oxleas Parent Online Breastfeeding Information on breastfeeding in public, where to get help in Greenwich & Bexley, national telephone helplines and breastfeeding help websites.</p> <p>Breastfeeding in Greenwich - Information site about Breastfeeding</p>	<p>Breastfeeding drop-in groups in Greenwich for all pregnant and breastfeeding mothers and their families</p> <p>These groups are run by Health Visitor teams, Breastfeeding Advocates & volunteer PCH2M supporters who all know a lot about breastfeeding & have leaflets, books and DVDs to help you</p> <ul style="list-style-type: none"> • Get started with breastfeeding • If you have questions or problems with breastfeeding, using formula milk and starting solid foods • When returning to work • When you are ready to stop breastfeeding • Relax and meet other local mothers <table border="1"> <thead> <tr> <th>Monday</th> <th>Time</th> <th>Contact Us</th> </tr> </thead> <tbody> <tr> <td>Sherington Children's Centre,</td> <td>10.00am - 11.00am</td> <td>0203 6047 5120</td> </tr> </tbody> </table> 	Monday	Time	Contact Us	Sherington Children's Centre,	10.00am - 11.00am	0203 6047 5120
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Sherington Children's Centre,	10.00am - 11.00am	0203 6047 5120					
<p>If you are formula feeding, first infant milk is best until baby is one year old</p> <p>First Steps Nutrition Trust Infant milks: a simple guide</p> <p>The Baby Friendly Initiative and First Steps Nutrition Trust parents leaflet What infant formula to choose & how to bottle feed – responsive bottle feeding</p>	 						
<p>NHS Healthy Start NHS Healthy Start Application form. Free milk, fresh fruit, veg & vitamins for you and your family. If you are pregnant or have a child under four years old you could get Healthy Start vouchers to help buy some basic foods.</p> <p>NHS CHOICES information vitamins for children</p>							
<p>NHS CHOICES Video What's the difference between gagging and choking?</p>							
<h2 style="background-color: #d9e1f2; padding: 5px;">Good health and development</h2>							
<ul style="list-style-type: none"> •NHS dental treatment is free in pregnancy and for first year after birth NHS CHOICES •Register your baby with a dentist at around 6 months <p>NHS CHOICES Children's teeth Public Health England Fact sheet; A quick guide to a healthy mouth in children</p> <p>Information on caring for your child's teeth from NHS Scotland Childsmile</p>	 						
<p>What to expect, when? Leaflet about your child's learning and development</p>	<p>What to expect, when? Discover a year with exciting child development in the early years foundation stage</p>  						
<p>Help your baby move and play every day Leaflet from British Heart Foundation</p>	<p>Help your baby move and play every day Information for parents</p> 						

Starting Solid foods sessions
For babies aged 4-6 months who have not yet started solid food
Call or visit to book into the starting solids session

- What can babies do? What do babies need?
- Why is around 6 months the best age to start solids?
- How will you know your baby is ready?
- What are healthy foods & drinks for babies and small children?
- How to feed babies – Smooth? Mashed? Finger foods?
- How much to eat and how often?
- How can I get more help and information?

**The Slade Children’s Centre,
Erindale, Plumstead, SE18 2QQ**
Call 020 8854 7900
Fridays 1.30-3.00pm

12 th October 2018	16 th November 2018
14 th December 2018	18 th January 2019
8 th February 2019	22 rd March 2019
5 th April 2019	17 th May 2019
21 st June 2019	12 th July 2019

**Eglinton Children’s Centre,
Paget Rise, Woolwich SE18 3PY**
Call 020 8331 0374
Mondays 1.30-3.00

15 th October 2018	19 th November 2018
17 th December 2018	14 th January 2019
11 th February 2019	11 th March 2019
8 th April 2019	20 th May 2019
10 th June 2019	8 th July 2019

**Waterways Children’s Centre,
Southwood Road, Thamesmead, SE28 8EZ**
Call 020 8311 5491
Wednesdays 9.30-11.30

31 st October 2018	21 st November 2018
19 th December 2018	16 th January 2019
13 th February 2019	27 th March 2019
24 th April 2019	15 th May 2019
26 th June 2019	17 th July 2019

**Sherington Children’s Centre,
Sherington Rd, Charlton, SE7 7JP**
Call 020 8305 3140
Thursday 9.30-11.00am

18 th October 2018	15 th November 2018
20 th December 2018	10 th January 2019
7 th February 2019	7 th March 2019
4 th April 2019	2 nd May 2019
6 th June 2019	4 th July 2019

**Storkway Children’s Centre,
Ridgebrook Rd, Kidbrooke SE3 9QX**
Call 020 8331 1970
Wednesdays 9.30-11.30

17 th October 2018	7 th November 2018
19 th December 2018	23 rd January 2019
27 th February 2019	27 th March 2019
24 th April 2019	22 nd May 2019
19 th June 2019	17 th July 2019