



Mealtime Struggles to Mealtime Success

FREE Online Nutrition Class

for parents and caregivers of
1 to 5 year olds



Join Registered Dietitians to learn how to:

- create a positive mealtime environment
- introduce new foods
- cope with mealtime struggles

Easy to attend
virtual classes!

REGISTRATION:

- [birthandbabies.com](https://www.birthandbabies.com)
- 403-955-1450



Alberta Health
Services



Feeding Your Baby

FREE Online Nutrition Class

for parents and caregivers
of infants



Registered Dietitians will share information and answer your questions on starting solids and first foods, textures, finger foods, timing, amounts, and more!

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**Alberta Health
Services**