

Nutrition and Baby: Starting Solids and Beyond



Congratulations on your little bundle of joy!

You have spent a lot of time feeding your baby breast milk and/or formula. You may be wondering when, how and what to introduce for solid food. You may also be getting a lot of 'advice' and 'opinions' from various people. All of this is enough to make your head spin.

Not to worry. We will discuss ways to keep things simple so you and baby can enjoy the feeding and eating experience. We will also discuss when to be concerned about eating, growth and weight changes, food allergies and raising a normal eater.

Please join Stephanie Brooks, MS, RD, a nationally recognized nutrition therapist and consultant, founder of Bay Area Nutrition, LLC, and mother of two. Stephanie specializes in pediatric nutrition, childhood feeding issues and disordered eating.

Saturday Feb 20th 2010

Time: 2:00-3:30pm

Tiny Tots Boutique

**138 Railway Avenue
Campbell, CA 95008**

**\$ 32 (\$ 55 per couple) if pre-paid by 2/13/2010
\$ 38 (\$ 67 per couple)**

4 people minimum required for class

For more info go to:
www.Bayareanutrition.com or
www.tinytots.com

To register call tiny tots at 408-866-2925