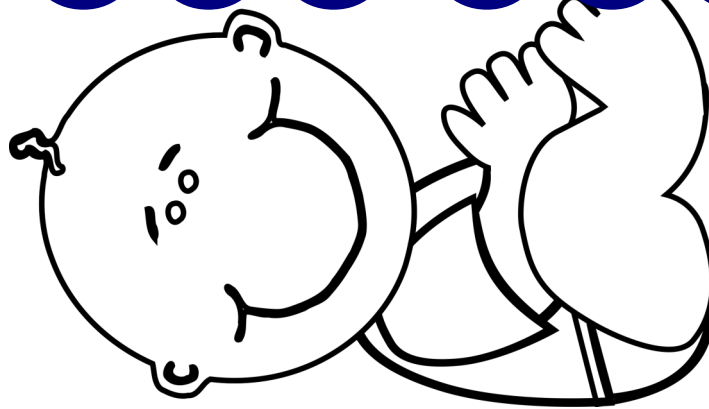


TINY TOTS



Introducing solid food can sometimes be confusing and overwhelming, come and learn guidelines and tips for a smooth transition.

TOPICS INCLUDE:

- ⇒ Guidelines on when you start your baby on solids
- ⇒ Suggestions on what foods first
- ⇒ The basics of making your own baby food

Date: Tuesday January 23

Time: 10am—12pm

For more information, or to register for our upcoming Tiny Tots Session, please call our office at 905-878-1720 or visit our website at www.primecarefht.ca

All programs are held at 470 Bronte Street South in Unit 104 unless otherwise stated.