



Department of Family Medicine
Queen's Family Health Team

Introducing Solid Foods to Your Baby

Feeding Your Baby from 6 to 12 Months

**Do you have questions about breastfeeding,
how or when to start solids,
or what foods to start with?**

**Join us to learn what foods are best for baby
and learn how to make homemade baby food.**

**The session is held from 2 to 3:30 p.m.
on the last Monday of each month
115 Clarence Street, Haynes Hall. Babies welcome!**

**To register call Queen's Family Health Team
(613) 533-9300, Ext. 73051 or Ext. 73822**