

# Feeding Your Baby

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## What can I expect to learn?

Join AHS dietitians for an interactive session on feeding your baby. You will learn about:

- Drinks for baby
- When to start solids
- First foods for baby
- Food allergies
- Finger foods and food textures
- Family meals
- Making baby food
- and more!

## How is this class being offered?

- Over Zoom®

## How long is the class?

- 1.5 hours

## Does it cost to attend?

- It's free!

## Who can register for this class?

- This virtual nutrition class is for Alberta parents and caregivers of infants.

## How can I register for this class?

- Online: [BirthandBabies.com](https://www.birthandbabies.com)
- By phone: 403-955-1450 (in Calgary) or 1-866-471-7011 (toll-free)
  - Monday to Friday from 8 a.m.–4 p.m.

## Questions about the class?

- Email: [PublicHealthNutrition.CalgaryZone@AHS.ca](mailto:PublicHealthNutrition.CalgaryZone@AHS.ca)



Health Link has dietitians to answer nutrition questions.  
Call 811 and ask to talk to a dietitian.