

# Feeding Your Baby (0–12 months)

Join Alberta Health Services registered dietitians for a free, interactive online nutrition class about feeding your baby (0–12 months). Learn about drinks for baby, when to start solids, first foods for baby, food allergies, preparing different textures, baby-led weaning, making baby food, and more.

These classes are open to Alberta residents—for parents or caregivers of babies under 1 year of age. Register for the date and time that works best for you.



Date	Time	How to Register
Wed. Mar 12, 2025	10:00-11:30 a.m.	<a href="#">Register Online</a> or call 403-356-6387 Hosted by Central Zone
Thurs. Mar 13, 2025	10:00-11:30 a.m.	<a href="#">Register Online</a> or call 780-342-2891 Hosted by Edmonton Zone
Wed. Mar 19, 2025	1:30-3:00 p.m.	<a href="#">Register Online</a> or call 1-866-471-7011 Hosted by Calgary Zone
Wed. Mar 26, 2025	10:00-11:30 a.m.	<a href="#">Register Online</a> or call 403-356-6387 Hosted by Central Zone
Tues. Apr 8, 2025	10:00-11:30 a.m.	<a href="#">Register Online</a> or call 780-342-2891 Hosted by Edmonton Zone
Tues. Apr 8, 2025	6:30-9:00 p.m.	<a href="#">Register Online</a> or call 1-866-471-7011 Hosted by Calgary Zone
Wed. Apr 9, 2025	10:00-11:30 a.m.	<a href="#">Register Online</a> or call 403-356-6387 Hosted by Central Zone
Wed. Apr 23, 2025	10:00-11:30 a.m.	<a href="#">Register Online</a> or call 403-356-6387 Hosted by Central Zone
Wed. Apr 23, 2025	1:30-3:00 p.m.	<a href="#">Register Online</a> or call 1-866-471-7011 Hosted by Calgary Zone
Wed. May 14, 2025	10:00-11:30 a.m.	<a href="#">Register Online</a> or call 403-356-6387 Hosted by Central Zone
View Recorded Session	Anytime	<a href="#">View Recorded Session</a> Hosted by South Zone
View Recorded Session	Anytime	<a href="#">View Recorded Session</a> Hosted by North Zone

These classes are for Albertans. Online classes are on Zoom® and participants should have access to:

- A computer, tablet, or smartphone
  - Visit [Joining a Zoom Meeting](#) for more information
- An internet connection
- A private space while attending the class