

Starting Complementary Feeding What, When and How

April 18th 1.30 - 4.30

West Dublin

Aims:

- To update knowledge
- To discuss conflicting information
- To describe key information to share with parents and caregivers

Topics include:

- When to add foods other than milk, when is too early or too late and why, developmental markers of readiness.
- What foods to give, nutrients most needed at this stage, complementing or replacing milk.
- Responsive feeding skills, baby-led feeding.
- Developing long-term healthy eating practices in the family context.
- Sources of information.

Course facilitator: Dr Genevieve Becker, PhD, MINDI.

Genevieve is a dietitian who has specialised in infant and young child feeding for over twenty-five years. She has worked on this topic with the World Health Organization and UNICEF, as well as the Department of Health and the HSE and academic institutions. Genevieve has produced training manuals for health workers, parents' materials, policy documents and research publications on infant and young child feeding.

Book a place:

www.bestservices.ie then Training > Courses

Addressing low weight gain in the breastfeeding baby.

April 18th, 9.30 - 12.30.

Book both together and get a discount.

Who should attend:

- Those who are (or will be) providing information to parents and caregivers on feeding healthy infants.
- Suitable for public health nurses, GP practice nurses, dietitians and nutritionists, IBCLCs, GPs, health educators, peer supporters, child care workers and others working with this age group.
- No prior knowledge of nutrition or infant and young child feeding is required.

Course fee:

€ 35 includes handouts and tea/coffee.

Discount for early booking (before March 30th) and for group bookings.

Employer can be invoiced if a purchase order number or authorisation is provided at booking.

Cancellations received more than 7 days before receive a full refund less €10 charge. Cancellations received less than 7 days before a w'shop date receive at 30% refund.

No refunds made for cancellations on the day or afterwards.

BEST Services reserves the right to cancel and refund fees if insufficient bookings are made.