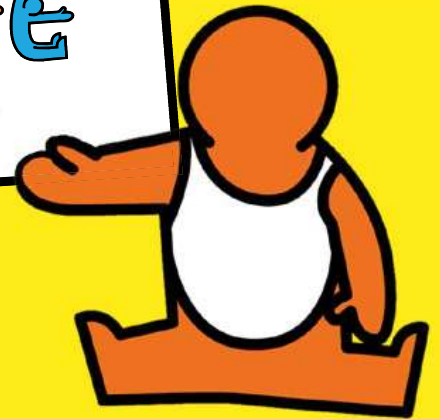


Westminster change 4 life

Minis



**Tuesdays, 4 March – 1 April:
10.00-11.30am at
Maida Vale Children's Centre, Kilburn
Park Road, NW6 5XA**

**Free club: Introducing Solids!
For parents or carers with
babies 0-12months.**

Free items to take home each week!

- When should my baby start solid food?
- How do I introduce a healthy mixed diet?
- How do I look after my baby's new teeth?
- How do I do all this and look after myself?



Scan here with your
phone camera

**Register now! Complete our online form at
www.family-action.org.uk/change4lifeservice
call us on 020 8960 0744 or scan the QR code**



City of Westminster