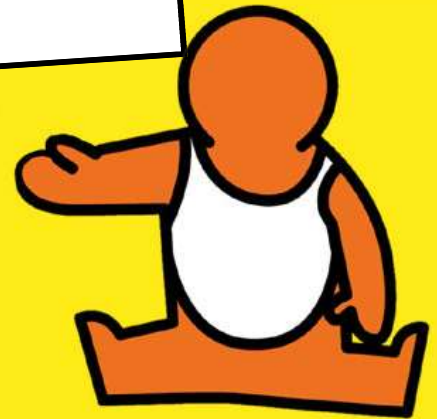


Kensington and Chelsea change 4 life

Minis



**Mondays, 3 March – 31 March:
10.00 -11.30am
at St. Cuthbert Children's Centre,
Warwick Road, SW5 9UE**

**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**



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