



Baby and toddlers first food session



City of Port Phillip's Maternal and Child Health Service offers parents and caregivers free sessions that focus on introducing solid food to babies and toddlers.


Introducing solids are important for helping babies learn to eat, giving them experience of new tastes and textures from a range of foods. It also promotes other developmental domains of your baby such as language, fine motor skills, visual skills and social skills.

Come and join our session at the South Melbourne Market with a Maternal and Child Health Nurse where we are available to answer any questions you have and offer food suggestions to support you on your food journey with your baby.

Food Hall South Melbourne Market
Fourth Wednesday of every month
9.30 am



For more information and to book your session scan the QR code or contact

 ASSIST 03 9209 6777

 portphillip.vic.gov.au

