

Sutton Coldfield & Erdington District Children's Centres

Healthy Lifestyles

Toddler Nutrition

Come to the session and gain some useful tips on keeping your Toddler healthy.

The session will include the following information from Startwell on:

Fussy Eating, Obesity, Meal time tips, Food Tasting, Portion Sizes, Recipes and much more!

Oral Health

Keep your child's smile healthy.

Did you know that Birmingham has the highest percentage of 5 year olds that have missing, decayed or filled teeth? **(Startwell)**

The session will cover:

Cause and effects of dental decay

Amount of sugar in everyday foods

Importance of brushing teeth

Bottle to cup transition



We will help you register your child with a dentist by providing you with a list of local dentists.

Introduction to Solids (FOOD NET)

Cups can be used from 6 months old and bottles should be given up by 1 year old.

Come to the session and gain some useful tips on the following:

Basics of Introducing Solids

Types and textures of foods for different ages

Homemade Foods vs Convenience Foods



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Toilet Training
Stages of Toilet Training
Getting Ready
Developing Physical Skills
Raising Awareness
Using the Toilet
Night Time Control



Safer Sleep

Advice and support from specially trained staff.

Community Cooking

To offer families the opportunity to learn about healthy eating, learn new cooking skills and feed their children healthy nutritious meals on a budget based on six weekly sessions.



To book a place on any of the sessions above please speak to a member of the Children's Centre staff at any of the centres in the Erdington and Sutton District.

Lakeside Children's Centre 0121 752 1970

Featherstone Children's Centre 0121 752 1872

Castle Vale Children's 0121 752 1920

Holland House Children's Centre 0121 752 1860

Startwell
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