

# Starting Solids 2026

**Do you have a baby starting solids?  
Book your free session today**  
*We're here to support you & your little one!*

Scan the QR code to view dates  
& book your free session



## About

Designed for parents in the Ballarat region, facilitated by a Dietitian and a Maternal & Child Health Nurse for babies between 5-9 months. Held monthly at alternating sites. Bookings essential.

## What you'll learn

Starting solids

- Introducing allergens
- Managing fussy eating
- Creating positive meal times
- Parent health & wellbeing

## Contact

If you have any questions about the program you can email [mchleadership@ballarat.vic.org.au](mailto:mchleadership@ballarat.vic.org.au)  
This service is provided by Ballarat Community Health in partnership with the City of Ballarat Maternal & Child Health Service.

## Lucas Sessions

Lucas Community Hub  
17 Coltman Plaza, Lucas  
Wednesdays 3-4pm  
(3pm start time)  
January, March, May, July,  
September & November 2026



Book Lucas  
[https://www.trybooking.com/  
events/landing/1509920?](https://www.trybooking.com/events/landing/1509920?)



**Zoe - BCH Dietitian**

## Alfredton Sessions

Djila-tjarri Community Hub  
18 Donegal Dr, Alfredton  
Thursdays 10-11am  
(10am start time)  
February, April, June, August  
& October 2026



Book Alfredton  
[https://www.trybooking.com/  
events/landing/1509938?](https://www.trybooking.com/events/landing/1509938?)

