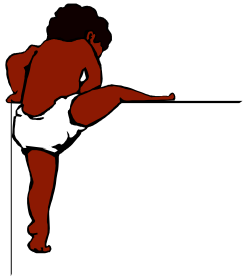

MOVING



What will your baby do between 6 & 12 months of age?

An expert discusses

- * baby safety now that your child is mobile
- * physical development—fine and gross motor skills and how you can assist
- * intellectual development and how to stimulate your baby
- * language development
- * how babies learn through play and age appropriate toys

Moving & Munching

Two fun and informative sessions for parents with babies aged between four and eight months of age

Before your baby reaches six months old, you will have plenty of questions about development and feeding issues in the months ahead.

This course consists of two evening sessions (moving and munching) each led by a specialist in the field.

Only to be offered four times during the year

Venue St Nicholas Church

Corner Barrington & Frankleigh Streets
Barrington, Christchurch

Time 7.30 pm—9.30 pm

Course cost Free to Christchurch South Parents Centre members

\$20.00 for non-members

Supper included

Available for purchase at the course is Alison and Simon Holsts' cookbook "Baby Food and Beyond" for only \$14.00 (RRP \$18.95).

Course prices are subject to funding being available.

MUNCHING



Introducing solids and establishing good nutrition

A dietitian discusses

- * why you should delay introducing solids until baby is 6 months old
 - * foods to start with
 - * how to feed, best times, how often
 - * balancing 'solid' and 'milk' feeding
 - * ages for offering different foods
 - * nutrition—drinks, snacks and treats
 - * food for teething and dental care
 - * the child who won't eat
 - * iron rich foods
 - * food allergies
-

Enrolment Form ✂ Moving & Munching

I wish to enrol in the Moving and Munching course
(please tick)

- MM1 17 & 24 February
 MM2 30 June & 7 July
 MM3 29 September & 6 October
 MM4 1 & 8 December

My membership no. is _____ or I have
enclosed a cheque made out to *Christchurch South*

Parents Centre for

- \$20.00 (Moving & Munching non-
Christchurch South Parents Centre member)
 \$60.00 (Parents Centre Membership—Moving
and Munching and all subsequent courses are
then FREE)

Payment also accepted via Internet banking direct to
Acct No **03 1355 0533388 00** (SBS). Please include
your name and course ref so we can identify pay-
ment.

Please send me course information on

- Tinies to Tots (Babies 10-18 months)

Name(s): _____

Address: _____

Tel: (03) _____

Email: _____

Baby's Name

& Birth Date: _____

Please enclose payment (if any) and send to:
Christchurch South Parents Centre
PO Box 33 033, Barrington, Christchurch

2010 Dates

Wednesday nights

- MM1 17 & 24 February
MM2 30 June & 7 July
MM3 29 September & 6 October
MM4 1 & 8 December

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and Simon Holsts' cookbook "Baby Food and
Beyond" for only \$14.00 (RRP \$18.95).

Numbers are limited!!!

Bookings are essential!!!

**Enquiries and bookings can
also be made by contacting:**

**Moving & Munching Course
Convenor**

**Ph (03) 332 5651 or email
chch.south@parentscentre.org.nz**

Christchurch South
PARENTS CENTRE



INVITES YOU TO

MOVING and MUNCHING

A COURSE FOR PARENTS
WITH BABIES
AGED BETWEEN FOUR AND
EIGHT MONTHS OF AGE

Thanks to COGS
for their generous
contribution towards
this course