



# BABIES FIRST LOVING SPOONFULS: CAREGIVER AND CHILD NUTRITION

Parents have lots of questions during the first 2 years of their baby’s life – when do I begin feeding her baby food, can I make my own baby food, choosing foods wisely, when to offer a spoon or cup, how to offer finger foods, and when to offer more textures, flavors and table foods. The **Marion County Public Health Department** will help parents answer these concerns, and parents will get a chance to practice making baby food.

**Babies are welcome!**

**NO REGISTRATION**

Branch: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_



[indypl.org](http://indypl.org)