

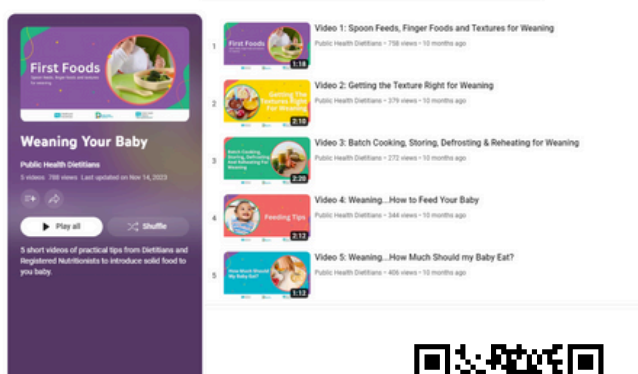
# Weaning Week

12th-16th May 2025

## Online resources

resources for sharing via your social media channels and with parents/carers

## Weaning your baby videos



Share and promote these short videos with practical and simple tips and advice for starting solids.

### On the Public Health Dietitian's YouTube channel:

[Click Here](#) or scan the QR code.

See below for free flyers to promote these videos



## Introduction to solids webinar



Share and promote this 30 minute detailed and practical webinar on how to introduce solids.

Perfect for parents/carers or as a staff/volunteer update

### On the Public Health dietitian's YouTube channel:

[Click Here](#) or scan the QR code.



## Training opportunities

Opportunities for staff/volunteers to keep up to date with the latest weaning information and advice

### Lunch and learn: weaning update

**A 20 minute online training session delivered by a Dietitian .**

For any staff/volunteers supporting parents/carers who are introducing solids

- **Thursday 15th May 2025 at 1pm**

**Booking details to follow**



### Nutrition Matters online training

#### Nutrition matters for the early years

**Guidance for feeding under 5s in the childcare setting.**

2 hour free training session for anyone working in the child care setting eg. Nursery or sure start staff, childminders or foster carers.

- **Next training: 22<sup>nd</sup> May 2025  
7-9pm**



More dates available.

Book through the Child Care Partnership  
[Click here](#) or scan the QR code.

## Email banner



Add to your email signature during weaning week or share when promoting your events on social media.

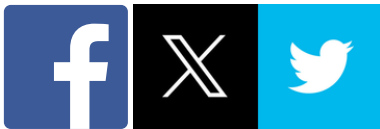
[Click here](#) -or see the picture attached to the email

## Use the hashtags



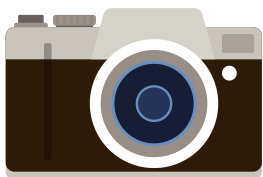
Use these #s when promoting on your social media channels  
**#weaningweek #introducing solids #PHDG**

## PHA and trust Social media pages



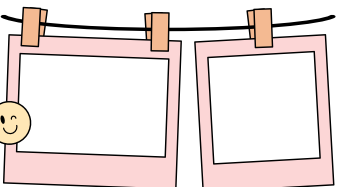
Keep an eye on the HSC trusts and PHA social media channels as they will be promoting weaning week! You can share their posts or you can tag them in any of your own posts.

## Say cheese!



**We would love to see pictures of you promoting weaning week!**

So don't forget to ask permission, take some snaps and share them with us!



# Freebies!

Perfect to give to parents at health stands, events or at 6 month review visits. Get in touch if you would like some.



## Public Health Dietitians business cards

**Includes QR code to scan and access free nutrition webinars**



## Public Health Dietitians webinar flyers

**Flyers with QR code to scan to access free childhood nutrition webinars**

Limited supply available in  
certain trusts



## Weaning your baby video flyers

### A5 flyers to promote the Weaning your baby videos.

Get in touch if you would like some (limited supply available)

[Click here](#) for an online version which you can share on your socials or to send directly to parents.



## Top tips for weaning flyer

### A5, double sided flyer with simple tips for starting weaning.

Get in touch if you would like some (limited supply available).



[Click here](#) or scan the QR code for an online version which you can share on your socials or to share directly to parents.

## Weaning made easy booklet



**A5, booklet with lots of tips for introducing solids.**

Available online only

[Click here](#) or scan the QR code to view the leaflet catalogue.

Available in multiple languages [here](#).

## Introducing solids booklet

HSC Northern Health and Social Care Trust



**A5, booklets with lots of tips for introducing solids.**

Available online only

[Click here](#) or scan the QR code to view the leaflet catalogue.

