



**5 THINGS YOU NEED
TO KNOW BEFORE
YOU GET STARTED
WITH WEANING**

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YOU ARE ABOUT TO START THE
EXCITING JOURNEY OF WEANING
HERE ARE MY 5 SIMPLE TIPS TO
HELP YOU FEEL PREPARED

When it comes to weaning your baby, you will find there is advice coming from left, right & centre!

There is so much noise from the internet, articles, books, friends, and family, which can leave you feeling overwhelmed, not knowing where to start or which way to turn.

I'm here to help turn that feeling of overwhelm into empowerment and confidence for you to help get your baby off to a great start with food and enjoying their mealtimes.

Good luck!

Sarah x

SLB 
Family Nutrition

Sarah Lindsay Brown





1

You don't need to spend lots on expensive equipment - I have an essentials equipment list to get you started

2

Be prepared to be flexible and adaptable in your approach and follow your baby's lead; things may not go as you plan - I can help you feel prepared

3

Get ready to embrace the mess - I can provide tips to help you deal with this

4

Don't compare your weaning journey with others - every baby is different. You can keep it simple if you like and make sure you get your advice from registered dietitians or registered nutritionists

5

It may be useful to keep a journal of you and your baby's weaning journey - I can provide useful resources to help with this

Get in Touch to book your group workshop or 1 2 1 package

I'd Love to help!

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