

New VIRTUAL Workshop

First Bites:

Introducing Baby to Solids

with Dr Tepler & Riley Prichard RD

FOUR 45 MINUTE SESSIONS FOR PARENTS OF BABIES 4MONTHS+



- Safety tips for baby led weaning
- Best practices for allergen introductions
- Ideal carb, fat and protein sources
- Key vitamins and minerals for development

WEDNESDAYS

1 - 2PM

-NOV 13

-NOV 20

-DEC 4

-DEC 11

Please confirm availability to attend all 4 virtual sessions and SIGN UP by calling the front desk. 781-641-5800

Please note sessions will be billed as medical visits, so copays and deductibles will apply depending on insurance.

