

Certificate of Completion

This is to certify that:

Laura Gaskell

has completed Tier 1

***Food and Nutrition
for Infants Training***

early start



Date valid until: 05/04/2019

Trainer signature: E. Revel



Aims – On completion of the training delegates will have an understanding of:

- Nutrition in the first 6 months
- The importance of healthy eating in the early years
- Safe and appropriate introduction of solid foods
- The safe storage of breastmilk
- The safe preparation and storage of formula milk
- Suitable foods to introduce to an infant
- The appropriate texture of food at different ages
- Suitable drinks for infants aged 6-12 months
- Recommended vitamins for infants aged 6-12 months

Objectives – On completion of the training delegates should be aware of:

- Where to find information on the safe storage and preparation of breast and formula milk
- The evidence based information on the importance of the safe introduction of solid foods
- The appropriate age to start introducing solid foods and how to update families with this information when having conversations around feeding their baby
- Suitable first foods that parents can offer their infant, encouraging parents to offer homemade family foods
- Concerns parents may have in relation to food refusal, know this can be normal and encourage parents to think of ways to gently encourage an infant to try new foods (know when to refer if the concern is persistent)
- The age to introduce infants to a cup and the importance of raising awareness among families
- Suitable drinks for infants and how to communicate this to families when having conversations around suitable drinks for babies

