

Feeding Your Under Fives

A free early years nutrition webinar for Essex families




In this 90-minute online session, award winning Baby & Child nutritionist Charlotte Stirling Reed will cover everything from why the early years matter so much for your child's long term health, to balanced eating, portion sizes, fussy eating & how to make mealtimes work for your whole family.

Whether you're just starting on your child's food journey or navigating the toddler years, this session will leave you feeling informed, reassured & ready to go.

Date - 17th June 2026, 7.30-9pm

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our future 


Essex County Council


a.r.u.


Charlotte
Stirling-Reed
The Baby and Child Nutritionist

Book Here

