

COMPLEMENTARY FEEDING

FROM MILK TO SOLID FOOD



Starting solids - relaxed and well-informed. Introducing solid foods is an exciting step in the first year of life - and at the same time, many questions often arise: How do I know when my baby is ready? What and how much should they eat? Do I need to start making purees now? Which foods are suitable at the beginning - and which aren't?

You'll get a clear overview of the most important basics like signs of readiness, suitable foods, meal planning, safe feeding, allergies, portion sizes, and practical everyday tips. The goal is for you to feel confident, well-informed, and able to easily navigate your baby's individual approach - whether with purees, finger foods, or a combination of both.



For parents



2 - 4 pm



11.12.2025 | 30.04.2026



20 €* single parent | 30 €* couple



Familienplanungszentrum

BALANCE

**Konrad-Wolf-Str. 12A
13055 Berlin**



*If you or your partner have a refugee or migrant background and do not have health insurance (yet) or low income conditions, we can also find free options.

CONTACT & REGISTRATION

Maria Schneider

midwife & sex educator
schneider@fpz-berlin.de

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