

Paediatric Nutritionist Launches Starting Solids Online Course to Help Parents Give their Babies the Best Nutritional Start

Starting Solid food can be both exciting and daunting, and with conflicting advice on when to start and what foods to introduce first, it can be a stressful time for parents. Paediatric Nutritionist and mum of two Mandy Sacher cuts through the noise.

Paediatric Nutritionist and mum of two Mandy Sacher cuts through the noise and guides parents through this milestone with her debut course Starting Solids the Wholesome Way.

“A baby’s first experiences with food can influence their long term taste preferences and relationship with food for life – it is an important journey and I’m so excited to support parents through this no matter where they live or what schedule they’re on with my new online course”, says Sacher.

Sacher developed Starting Solids the Wholesome Way to not only provide parents with the knowledge and tools they need to comfortably and confidently transition their babies onto solid food, but to also help families enjoy the experience and strengthen their baby’s lifelong relationship with food.

“Many parents seek support from their mothers groups, maternal health nurses, GPs and paediatricians when it comes to introducing solids, but in a time of social distancing and reduced trips to see medical professionals this isn’t always possible – I’m so glad to have this course online for parents starting solids at this time in our world”.

The comprehensive course provides all the expert guidance parents need to start solids, including 37 detailed lessons, 6 Customisable Meal Plans separated by age and stage, over one hundred recipes, a smart recipe tool to filter by key ingredient, age and stage, allergen and more as well as an automated shopping list to save precious time.

Starting Solids sits within The Wholesome Child Academy, a new education platform for parents that is geared to help with key nutrition milestones and challenges including Fussy Eating Strategies and Solutions, Boosting Immunity and Wholesome Shopping.

For more information, visit www.wholesomechild.com.au/shop or academy.wholesomechild.com.

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