

FREE

All classes will be held virtually via *MyChart*. Call (614) 508-6601 extension 3 to register.

Pediatric Nutrition Classes

Facilitated by Our Pediatric Registered Dietitian Nutritionists



Breastfeeding Confidence

Learn about the basics of latching, understanding your baby's feeding cues, and navigating the first weeks of feeding.

Mondays at 12 pm



Breastfeeding Copilots

Breastfeeding takes a team! Learn all the ways to support Mom and Baby.

Mondays at 12 pm



Breastfeeding Transitions

Prepare for return to work, pumping, and nursing on the go.

Mondays at 12 pm



Starting Solids

Learn the most updated information on introducing solid foods

Thursdays at 12 pm



Toddler Meal-time Battles

This class will teach parents how to navigate meal-time battles and promote a positive environment for trying new foods.

Tuesdays at 12 pm

Healthy Eating for School-age Children and Teens

As your child gains more independence and heads off to school and sports, learn how to teach them healthy habits and nutrition.

Wednesdays at 12 pm



Learn more online at copcp.com/HealthServices/PediatricNutrition



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