

Starting Solids



Are you thinking about starting your baby on solid food?

Check out our NHS GGC Starting Solids pages and videos here:



Visit <https://www.nhsggc.scot/startingsolids> or connect using the QR code.



Visit <https://www.nhsggc.scot/vitamind> to find out about Vitamin D and why it is important for you and your family.

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