

Nutrition in Early Years

As childhood is a period of rapid growth, development and activity, good nutrition is essential to support this. General eating habits and patterns are formed in the first few years of life (~1-4 years). It is also a vital time for healthy tooth development.

KangaNutrition

At Kanga Kare we have a resident dietitian who can support you and your child with their nutritional needs. We will be producing information and resources which will be available monthly under the new nutrition tab on the updated KangaKare website or visit the Instagram and Facebook page @KangaNutrition

Information and advice provided will include:

- Complementary feeding/weaning
- Faltering Growth
- Intolerances
- General Healthy Eating
- Fussy Eaters
- Specific nutrient requirements

To enquire about nutrition support email naomi@kanganutrition.com

To book an appointment with Naomi [Kanga Kare Dietitian appointment](#)



Follow: @kanganutrition

Nutrition at KangaKare

At KangaKare we understand the importance of good nutrition for the healthy growth and development of your child

