

# NEW: Well Baby Nutrition Practice Sheets

April 23, 2026

9:00-10:00am MT

To support nutrition conversations during well-baby visits, three new Well-Baby Nutrition Practice Sheets have been developed for use with infants and young children aged 0-6 months, 6-9 months, and 12 months and older. These resources are designed to be used alongside the Rourke Baby Record, expanding on nutrition-related content with additional evidence-informed guidance and practical considerations not fully captured in the Rourke.



This session will introduce these resources, provide a walk-through of the key components while highlighting the key nutrition topics for Well Baby visits.

## Speakers:

Erin Bligh - Regional Nutritionist, R.D., Alberta Region

Sarah Miller - Regional Nutritionist, M.Sc., R.D., Ontario Region



Target Audience: This session is intended for nurses working with infants and young children in First Nations communities.

Please note that this is an invite-only session

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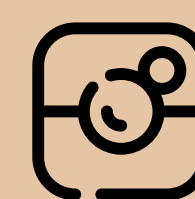


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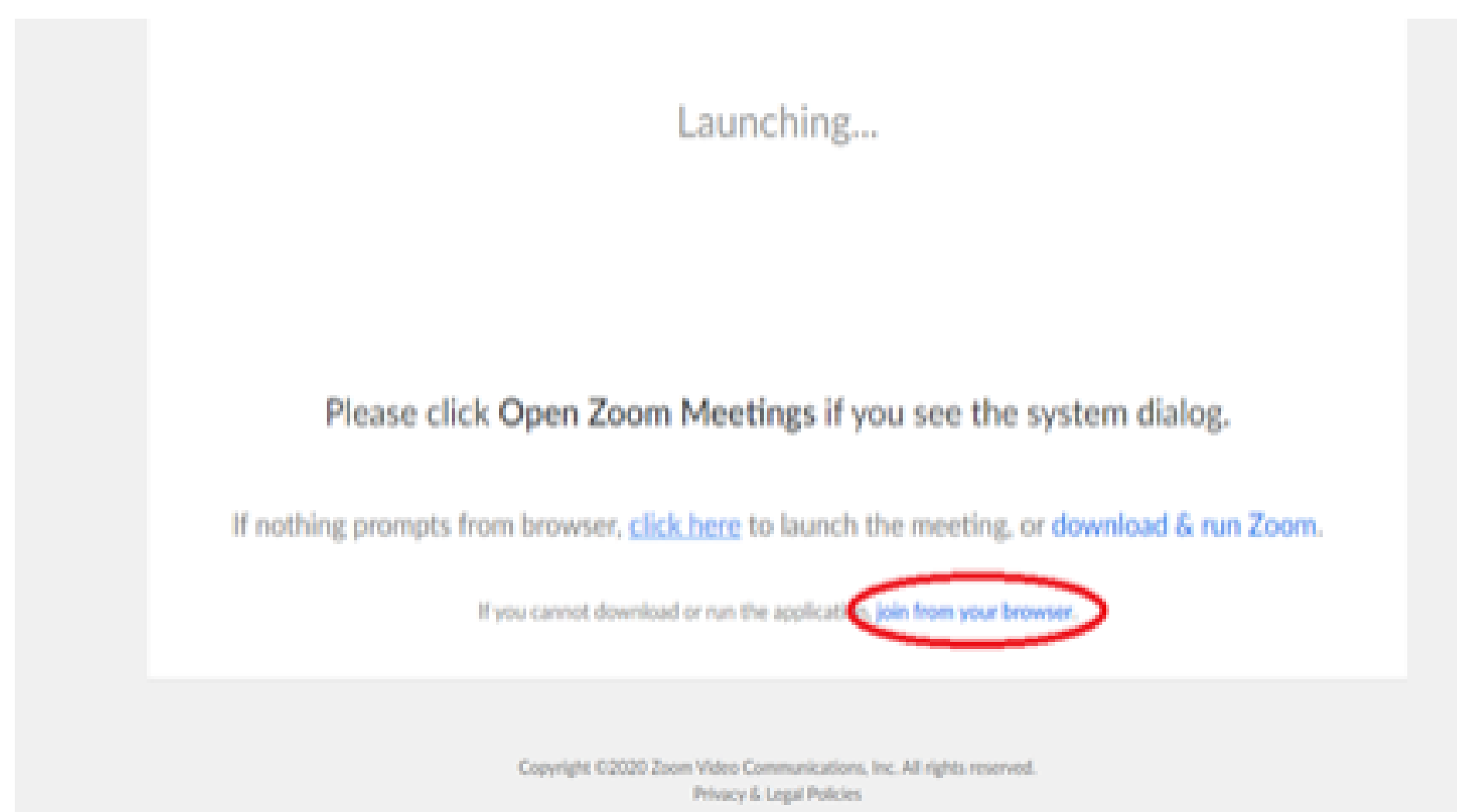
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