

WEEK 4

DIETITIAN

DR FRANKIE PHILLIPS

FRANKIE



NURSERY NUTRITION

DR FRANKIE PHILLIPS

Frankie is a registered dietitian & public health nutritionist with over 20 years' experience.

With a PHD in nutrition, Frankie has worked in the NHS as well as in academic research & has a wealth of knowledge which she shares in a sensible fad-free approach - specialising in maternal & childhood nutrition with her practical hands-on experiences with her own four children (including her twins).

Frankie has been writing for BBC Good Food since 2016 & we are lucky to have her host this session of the Postnatal Pod where the focus is on you & your needs as mummy to your baby.

A couple of Frankie's favourite quotes are 'you can't pour from an empty cup' and 'you need to put your oxygen mask on first'.

With an array of interesting & informative slides Frankie shares a realistic, non-judgemental talk for you to make the most out of your limited time, as you juggle the daily ups & down of looking after your baby & ensures you also consider your needs too.

A gentle reminder in not forgetting that you matter too & some insightful food for thought.

CONTACT FRANKIE



[BBC Good Food Article](#)



[Nursery Nutrition](#)

BENEFITS OF THIS SESSION:

- Nutrition across the lifespan
- Healthy weight - right size for me
- The first 1000 days
- Postnatal eating - Replenish, Refresh, Require
- What makes a healthy diet
- Energy & mood boosters
- It's not just about food
- Hacks to help you
- Recognising when your baby is ready for their first foods
- Looking ahead to weaning
- Signs of readiness