



PEDS

NUTRITION CHALLENGE



WEANING MADE EASY

AUDIO FILES

Mrs. Omolabake Matthew-Ibrahim

Mrs. Ifeyinwa Omesiete

About PEDS Nutrition Challenge

PEDS nutrition challenge is a 14 day online child Nutrition Challenge targeting 100 moms with kids 6 months to 6yrs+. Because we believe in this digital and tech savvy generation distance should not be a barrier for a good cause, we would be involving the use of digital products such as videos, audio files, e-books and written text through Whatsapp messaging app.

There would also be sub groups according to child's age so targeted impact can be made.

Objective

With overwhelming facts of the effects of undernutrition, PEDS Nutrition Challenge would address this by educating, supporting and motivating moms and caregivers on the best feeding practices for children's nourishment.

Facilitators



MRS. IFEYINWA OMESIETE is a certified Nutritionist with a Bsc. In Nutritional Sciences from the University of Minnesota-Twin Cities. Her passion is to cater to the wellness of children dealing with nutrition and dietary ailments. With experiences ranging from picky-eaters to the management of genetic disorders through nutrition. She creates and introduces innovative recipes designed to improve a child's diet based on their diagnosis, physical activity and age bracket. She is the Pediatric nutritionist who slays!

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MRS. OMOLABAKE MATTHEW-IBRAHIM is a digital content enthusiast with BSc. in Computer Science From the University of Lagos. Her passion for cooking, research and her new role as a mom birth her personal blog, Working mum Diary, where she shares her experiences as a working Nigeria mom. Through her blog contents (menu & recipes) she inspires moms to make nutritious feeding choices despite their busy schedule.

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🌐 Omolabake Matthew



Altogether, Ifeyinwa and Labake are the perfect blend of passionate women who understand that being a mom and working is no joke! But feeding our children right is a priority!

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AUDIO FILES

Each of these are specially curated to help you on your journey to successfully weaning your little one. The goal is to get them eating wholesome and delicious meals without fuss. Please click on the words below to listen with an open mind and ask questions in the group

CREATING A BREAST-FEEDING SCHEDULE

**START EARLY, START SMALL AND
WITH THE RIGHT MINDSET**

UNDERSTANDING FEEDING LANGUAGES

FEEDING ALL CLASSES OF FOOD

**YOUR NORMAL IS NOT YOUR
CHILD'S NORMAL**

FEEDING IS AN EXCITING EXPERIENCE