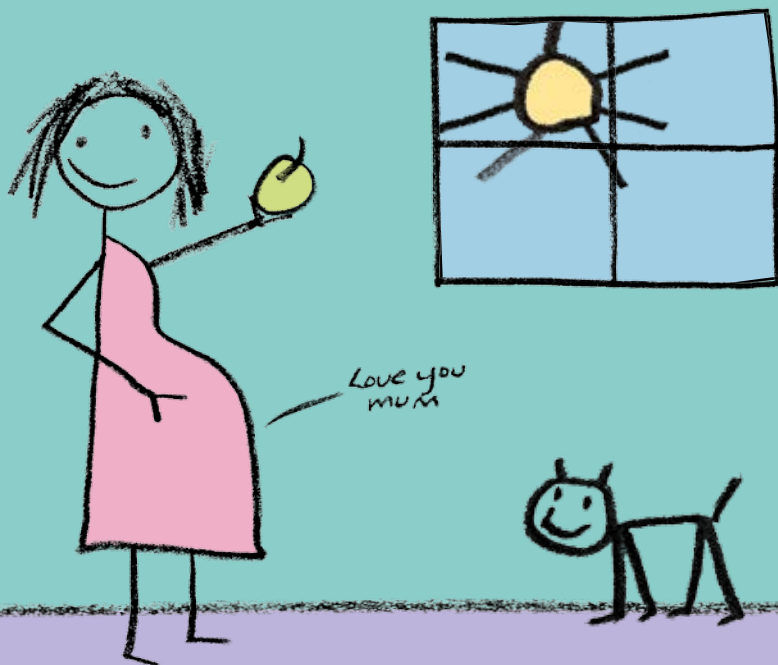


# Giving your baby the best start



## HEALTHY START

HS105PREG



Department of  
Health, Social Services  
and Public Safety  
[www.dhsspsni.gov.uk](http://www.dhsspsni.gov.uk)



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# Off to a good start

**It's never too early to start thinking about how you will feed your baby.**

When you're pregnant, eating a healthy diet and taking Healthy Start women's vitamins will give your baby all the nutrients they need. And once your baby arrives, you'll want to make sure you're giving them the best start in life.

Breast milk is perfectly designed for your baby and helps to keep them healthy and protected from serious illnesses and infections. What's more – it's free, doesn't need to be sterilised and always comes at the right temperature – so perfect for you too!

## Here's a closer look at the benefits of breast milk

### Good for baby

- Lowers the risk of chest infections, diarrhoea and vomiting
- Helps prevent ear infections, constipation and eczema
- Reduces the chance of obesity in later life, and develop diabetes
- Provides ingredients and protection that formula cannot.

### Good for you

- Lowers your risk of breast and ovarian cancer
- Helps you build a close bond with your baby
- Naturally uses up to 500 extra calories a day.

### Did you know?

Your body learns to make enough milk according to the amount your baby needs.



# Take your time and enjoy it

Like every new skill, you might need a little help and advice while you are getting used to breastfeeding. However, once you and your baby get the hang of it, breastfeeding can be easy for both of you.

You can get breastfeeding help and support from:

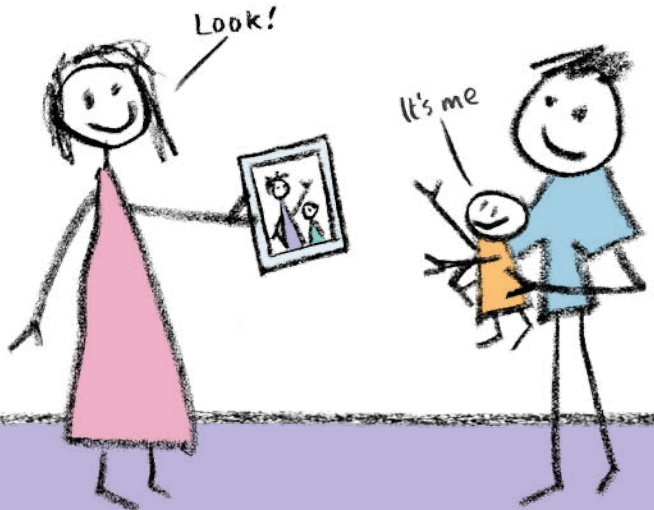
- Your midwife
- Other mums who breastfeed – your midwife can tell you of local groups where you can meet up with them
- Your friends and relatives who have breastfed
- The National Breastfeeding Helpline by calling **0300 100 0212**.

## Skin to skin comfort

Holding your baby against your skin straight after birth will calm your baby and encourage them to breastfeed.

## Bottlefeeding?

If you choose to feed your baby infant formula milk, you should also get help and support on how to make up a feed safely. Ask your midwife for more information.

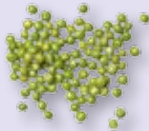


## What's good to buy now and what's coming into season next?

Get ahead of Mother Nature with our handy guide to what fruit and veg is in season:

### May/June

Strawberries, peas, spinach, spring onions, Savoy cabbage, broccoli



## Next issue – what you really think about Healthy Start

We asked you all the things you like (and don't like!) about Healthy Start. In next month's issue we'll reveal all!

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

0845 607 6823 (local call rate from BT landlines)

If your circumstances change (for example, when you have your baby), remember to tell HMRC Tax Credits or JobCentre Plus straightaway. That way, you'll keep getting the right amount of Healthy Start vouchers.