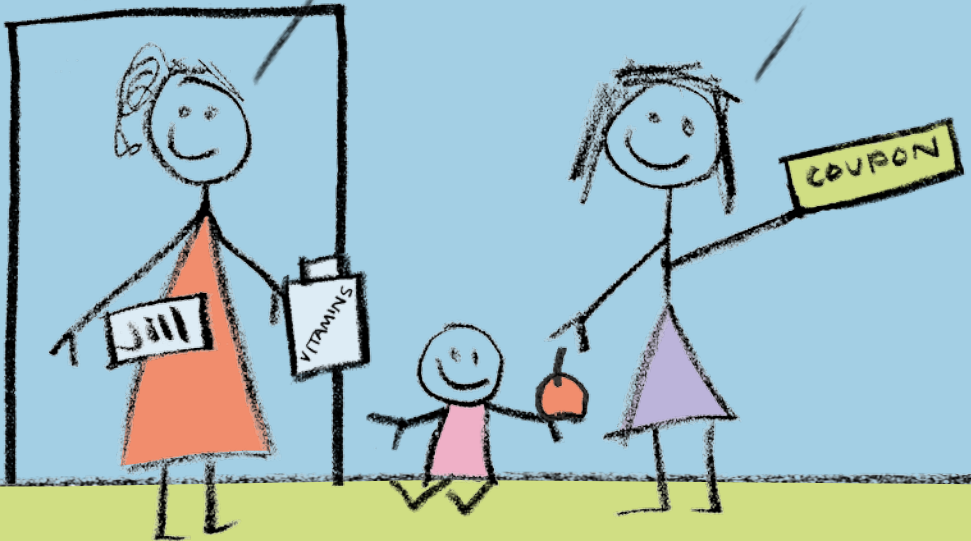


# Free Healthy Start vitamins for you and your baby

SURGERY

These vitamins will help her grow strong and healthy

Brilliant! And here's our coupon



## HEALTHY START

HS10812MNTHS

# Get your free vitamins!

Don't forget to exchange the green coupon (attached to your vouchers) for your free Healthy Start vitamins – tablets for you and drops for your baby from six months old. Ask your health visitor where you can get them locally.



**Remember:** babies fed on infant formula don't need vitamin drops until they are having less than 500ml (a pint) of formula a day.

Healthy Start women's vitamins and children's drops contain vitamins that new mums and growing kids need, in case you're not getting enough from a healthy, balanced diet. This includes vitamin D.

Vitamin D is really important because it helps the body absorb calcium, keeping bones healthy and helping to make sure your baby's bones and teeth grow strong. Children with low levels of vitamin D can sometimes develop softened bones, which can lead to rickets.

Our bodies can make vitamin D when summer sunlight shines on our skin. In the UK, it can be hard to get enough sunlight so it's recommended that women who are pregnant or breastfeeding and young children take a vitamin D supplement.

## Keep your details up to date

Healthy Start uses information provided by Tax Credits and Jobcentre Plus to work out how many vouchers to send you and where to send them. So if things change in your life, for example if you move home or get a job, make sure you tell Tax Credits on **0845 300 3900** and Jobcentre Plus (you can get their number from your local phone book).



# Fruity milkshake

Have a go at this easy recipe. You can use a mixture of different tasty fruits – try out some of your favourites!

**Serves two adults**

## Ingredients

- 1 banana
- 1 large glass of plain fresh or frozen mixed fruit of your choice (mixed berries or summer fruits work well)
- 2 tablespoons of plain natural yoghurt
- 1 large glass of semi-skimmed milk



## How to make it

1. Peel and slice the banana.
2. Put the banana into a blender and add the mixed fruit, yoghurt and milk.
3. Put the lid on the blender and blend the mixture for 5–10 seconds until it is smooth. (If you haven't got a blender, use a fork to mash up the fruits.) Serve.

## Cook's tip

- Use whole milk if you are giving the milkshake to a child under two years old.

## Top tip

If your baby is teething and over six months old, try offering a piece of frozen banana. It will help soothe baby's gums.

## Baby talk

It's easy to take talking for granted, though it's one of the hardest things we ever learn. Talking and listening skills help us to make friends, learn and get on in life. Young babies and children learn from the adults around them – just talking to your baby will help.

From birth, babies are communicating with you. They look, make noises and listen. By their first birthday they'll understand some words, make sounds and may have said their first words. Meal times are perfect for talking with your baby. Just tell them about what you're doing. Leave spaces and see if your baby joins in the 'conversation' with noises or babbling. They will enjoy watching you and practising their baby talk.

**For more information on helping your baby to learn to talk visit [www.talkingpoint.org.uk](http://www.talkingpoint.org.uk)**

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

### August/September

Strawberries, blueberries, lettuce,  
celery, cauliflower, spinach



### October/November

Cox apples, sweetcorn, pumpkin,  
white cabbage, squash,  
Brussels sprouts



## Next issue – how to get the best from your Healthy Start vouchers



[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
0845 607 6823 (local call rate from BT landlines)

If your circumstances change (for example, if you move home), remember to tell HMRC Tax Credits and Jobcentre Plus straight away. That way, you'll keep getting the right amount of Healthy Start vouchers.