

# Free Healthy Start vitamins for your little ones

These vitamins will help him grow strong and healthy

SURGERY



You're not kidding!



Look, I can reach!

## HEALTHY START

HS1084YRS

# Get your free vitamins!

Don't forget to exchange the green coupon (attached to your vouchers) for your free Healthy Start children's vitamin drops. Ask your health visitor where you can get them locally.



Healthy Start children's vitamin drops contain lots of the vitamins that growing kids need but may not get enough of, including vitamin D.

Vitamin D is really important because it helps children's bodies absorb calcium, keeping bones and teeth healthy and helping to make sure they grow strong. Children who have low levels of vitamin D can sometimes develop softened bones, which can lead to rickets.

Children can get most of the vitamins they need from their food. Vitamin D is different – although foods like oily fish, eggs and fortified breakfast cereals and spreads contain small amounts of vitamin D, most is made by our bodies when the summer sun shines on our skin. It can be hard to get enough sunlight in the UK, which is why it's recommended that 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).



- TO DO LIST**
- Pack boxes
  - Clean house
  - Tell Healthy Start

# 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

You can add your child's daily dose of five vitamin drops to this milkshake, but make sure they drink it all.

## Child's play

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. Just talking with your child will help them learn.

Children's talking changes quickly. At one year they may be saying their first words, but by four they will be chattering away non-stop. Preparing food together is a great time to teach them about eating healthily. Talk to them about what's going in the milkshake to make it yummy.

Older children will love helping you make the recipe and they'll be keen to try the fruit before it goes in the mix, too!

**For more information on helping your child to develop their talking and listening skills, 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.