

Don't forget your Healthy Start vitamins this winter!

Zoom, zoom ... here are your vitamin drops
- they help you grow up strong and healthy



Yay! Thanks Mum,
it's a vitamin plane

HEALTHY START

HS11212MNTHS



Department of
Health, Social Services
and Public Safety
www.dhsspsni.gov.uk



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Get your free Healthy Start vitamins!

The Healthy Start women's tablets and children's drops contain important vitamins, like vitamin D. Vitamin D helps your body to absorb calcium to help build strong bones.

Summer sun is the main source of vitamin D and in the UK it can be hard to get enough to last during the winter months. That's why UK Health Departments recommended that all children (aged six months to five years) and all pregnant and breastfeeding women should take a vitamin supplement containing vitamin D like the Healthy Start vitamins.

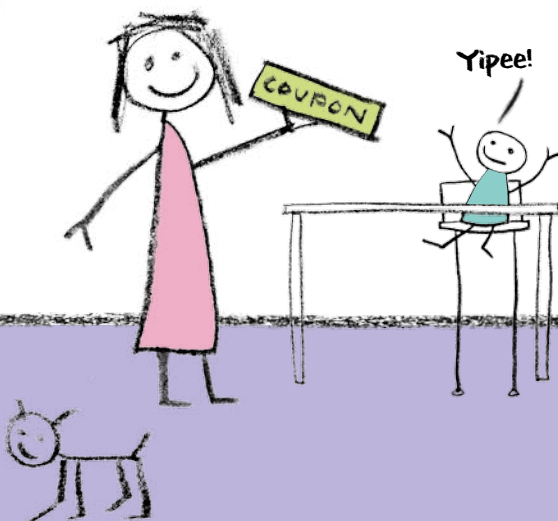
So don't forget to exchange the green coupon which is attached to the enclosed letter for your free Healthy Start vitamins, or ask your health visitor where you can pick them up locally.

Remember – your child doesn't need to take Healthy Start vitamin drops if they are having 500ml or more of infant formula a day.



Top tip

Make taking your vitamins part of you and your baby's daily routine so you don't forget them. For example, make sure you take them everyday at breakfast time. You can add your child's vitamin drops to a spoon with some of their milk or food – just make sure they eat it all up.



Healthy winter warmers for breakfast

It's important to remember that your baby's digestive system isn't ready to cope with solid food until they are around six months old. Your breast milk or infant formula will provide them with all the nutrients they need until then.

If you are just starting your baby on solid foods then baby rice mixed with their usual milk (whether breast or infant formula) makes a great breakfast. Once they are a bit older and used to eating a range of solid foods, they might enjoy porridge with fruit or even toast.

Porridge

Simple to prepare, just mix porridge oats with milk and follow the instructions on the packet to cook. Then top with a variety of:

- Chopped soft fresh fruits, like bananas.
- Stewed fruit like plums and apples – to stew fruit, remove stones or cores and chop into bite-sized pieces. Then heat in a pan with a little water until soft. There is

no need to add any sugar as the fruit has natural sugar in it already.



Your baby is ready for solid food if they can:

1. Stay in a sitting position and hold their head steady
2. Look at food, grab it and put it in their mouth all by themselves
3. Swallow food properly. Babies who are not ready to do this will spit the food back out, so they get more round their face than they do in their mouths!

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

November/December

Parsnips, swede, cabbage, apples,
Brussels sprouts



January/February

Broccoli, pears, carrots,
cauliflower, leeks



Don't miss our
next issue which
will be packed with
tips to help you
and your family
avoid catching the
sniffles this winter.



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.