

Nottinghamshire Children's Centre Service

Healthy Start Vitamins

Vitamins will help your child grow up strong and healthy.

We can get lots of vitamins from a healthy balanced diet, but sometimes when we are small children, pregnant or a new mum we might not get everything we need.

At these times it's especially important to take specific vitamins.

Healthy Start vitamins include vitamin D, which helps to keep bones and muscles strong and healthy, as well as other important vitamins including A and C, and Folic Acid for pregnant women.

They are suitable for:

Pregnant and breastfeeding women ✓

Babies ✓ (from birth for breastfed babies, or as soon as your baby is having less than 500 ml of formula milk per day)

Children up to 4 years old ✓



W: nottinghamshire.gov.uk/childrenscentreservice

...giving children
the best start

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Where can I get vitamins?

Many of our Children's Centres have Healthy Start vitamins in stock. Please ask a member of our Children's Centre Team for further information.

If you qualify for Healthy Start, you can collect vitamins **for free in exchange for your voucher**. Find out if you are eligible by visiting www.healthystart.nhs.uk or ringing **0345 607 6823**.

If you don't qualify for the scheme you can still **buy Healthy Start vitamins** for 80p (pregnant and breastfeeding women) and £1.60 (vitamin drops for babies and children).

Phone the free phone number

0300 500 80 80

to find a Children's Centre near you.



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