

Pregnant, breastfeeding or have a small child*?

Then Healthy Start Vitamins are important for you and your child.

Why vitamins are important

Even though most people can get all the vitamins they need by eating a healthy, balanced diet, there are certain times in your life when you may not be able to get everything you need from food alone – like when you are planning a pregnancy, when you are pregnant, when you are a new mum or if you are a small child*.

In Halton **ALL pregnant women and breastfeeding mums** will receive Healthy Start **vitamins for FREE** from their Midwife or Health Visitor.

Also in Halton **ALL families** will receive their **first bottle of Healthy Start Vitamins FREE** for their child at around **6 – 12 months old** via the **Health Visitor at their 9-12 month check**. After that you will have to purchase them for a small charge (approx. £1.80) or they're FREE if you're receiving Healthy Start Vouchers.

For more information about Healthy Start Vitamins, or on how to claim Healthy Start Vouchers, please speak to your midwife, health visitor – or alternatively visit www.healthystart.nhs.uk or <http://www.bridgewater.nhs.uk/wp-content/uploads/2013/03/Healthy-Start-Vitamins.pdf> for venues.