

A HEALTHY START TO LIFE

Helpful tips you need to know to keep babies and young children healthy.



All parents can worry about how best to look after their babies or very young children.

We all want to do the best for our children but we don't always know what is best – especially when we want to make sure that our children have a healthy start to life.

We asked some parents in Leicester what they really needed to know in order to keep their babies and young children healthy.

Here are the answers which we hope other parents will also find helpful.



MOVING ABOUT

- Help your baby be active even before they can walk. Play with them. Let them spend a little time on their tummy each day.
- Walking toddlers need a total of three hours moving about, not all at once, but through the whole day. They can run, skip, dance to music or play with a ball. They can play in the park.
- It is really bad for children to spend a long time not moving like when they watch TV or when they are strapped into a buggy for too long.



VISIT THE DENTIST

Take your baby to the dentist as soon as you can to check your baby's gums, even before the teeth come through. Also your baby will get used to going and won't be scared.

It is never too early to start cleaning their teeth with a soft brush. Help your child because it takes them until they are eight years old to brush properly.

Ask the dentist about this next time you go or when you are pregnant.

MORE INFORMATION

To know more, contact your local Children's Centre or speak to your child's teacher.



FIRST FOOD

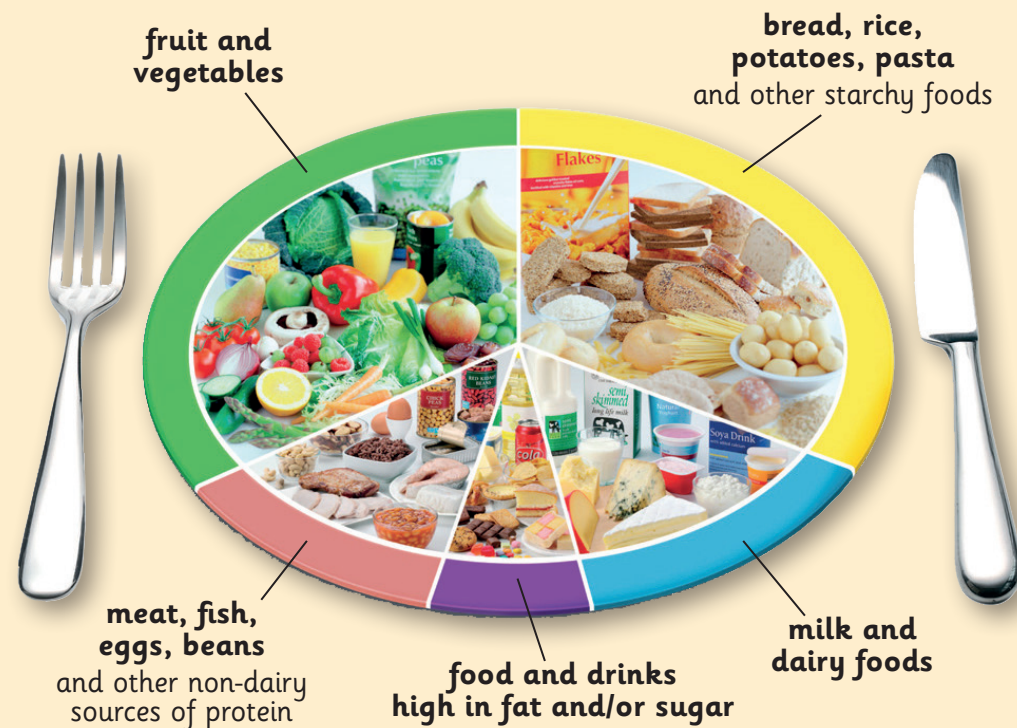
- For the first six months it is best to keep your baby on breast milk because it protects them from infection and saves you time and money. They can't swallow and their tummies can't cope yet with solid food.
- Babies are ready for their first solid food when they can hold their heads up at six months, sit up and can look at their food, pick it up and put it in their mouths.



- You can give them soft food at first. You can mash potatoes, yams, carrots, sweet potatoes or anything soft. You can give them soft, ripe banana, melon or avocado. Make it soft and make sure it is cool. Don't give them anything containing salt or fat.

EAT WELL

- The food your child eats should be balanced - not too much of one thing.
- See how this plate shows how your child should have a lot more vegetables and fruit than potatoes.



PORTION SIZE

An adult's portion is an adult's handful. A child's portion is a child's handful.

Eat less

sugar
cake
sweets
salt
crisps
fat
chips



Eat more

fruit and vegetables

