building blocks for a better start in life

1. mum’s milk
   Why mum’s milk is better for both mum and baby

2. every day counts
   How each day of mum’s milk makes a difference to your baby’s health

3. no rush to mush
   Find out the 3 signs that your baby is ready to start on solid foods

4. taste for life
   How giving your baby a variety of food now, may stop them turning into a fussy eater later

5. sweet as they are
   How to avoid giving your baby a sweet tooth

6. baby moves
   Why it’s important for all little ones to be lively and active

It’s never too soon to give your baby a better start in life. What you do when they’re little really does help them grow up healthy and can help protect them from illness when they’re young, and diseases like type 2 diabetes later in life.

Start4Life has put together the latest guidance on nutrition and activity to help you give your baby a healthier start in life. You can find out more at www.nhs.uk/start4life or ask your health visitor or midwife.
A healthy future is set up in your baby’s first years. But with so much out there on baby nutrition and activity, you could feel a little overwhelmed. So Start4Life has put the latest information on our website. Go to www.nhs.uk/start4life