



Free vitamins

**GIVE YOUR BABY THE BEST
START IN LIFE**

Healthy Start vitamins keep you
and your baby healthy
throughout pregnancy

All pregnant women in Brent and
Harrow can get free vitamins from
their local Family Wellbeing Centre or
Early Support Hub.

**Vitamins while you are pregnant and up until
your child's first birthday:**

Folic acid- reduces the chance of your baby
having spina bifida, a birth defect where the spine
doesn't form properly

Vitamin C -helps maintain healthy tissue in the body

Vitamin D- helps your body to absorb calcium and so
supports your baby's bones to develop properly



Brent residents visit

**www.brent.gov.uk/familywellbeingcentres to find your nearest Family
Wellbeing Centre.**

Harrow residents visit

**www.harrow.gov.uk/childrens-social-care/early-support-hubs to find your
nearest Early Support Hub.**



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Brent Residents:

FREE vitamin drops for children under 4 are also available at Family Wellbeing Centres in Brent

Vitamin A- for growth, vision and healthy skin
Vitamin C- helps maintain healthy tissue in the body
Vitamin D- for strong bones and teeth

Children having 500ml or more of infant formula per day do not need vitamin drops as infant formula already contains these vitamins

Brent residents visit www.brent.gov.uk/familywellbeingcentres to find your nearest Family Wellbeing Centre

Baby Buddy

Baby Buddy 2.0 is a free-to-use, and ad-free multi-award winning app that provides trusted, evidence-based information and self-care tools for parents from pregnancy up to the child's first birthday



**baby
buddy**[™]
by best beginnings

Available to download in app stores - search 'Baby Buddy 2.0' or visit the website:
www.babybuddyapp.co.uk