





paby moves Why it's important wany " 3 "" hour les to be lively and active

# sweet as they are

How to avoid giving your baby a sweet tooth



# taste for life

How giving your baby a variety of food now, may stop them turning into a fussy eater later

### no rush to mush

Find out the 3 signs that your baby is ready to start on solid foods



### every day counts

How each day of mum's milk makes a difference to your baby's health

### mum's milk

Why mum's milk is better for both mum and baby



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 good start for a healthier life





# all's well that starts well

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



A good start for a healthier life