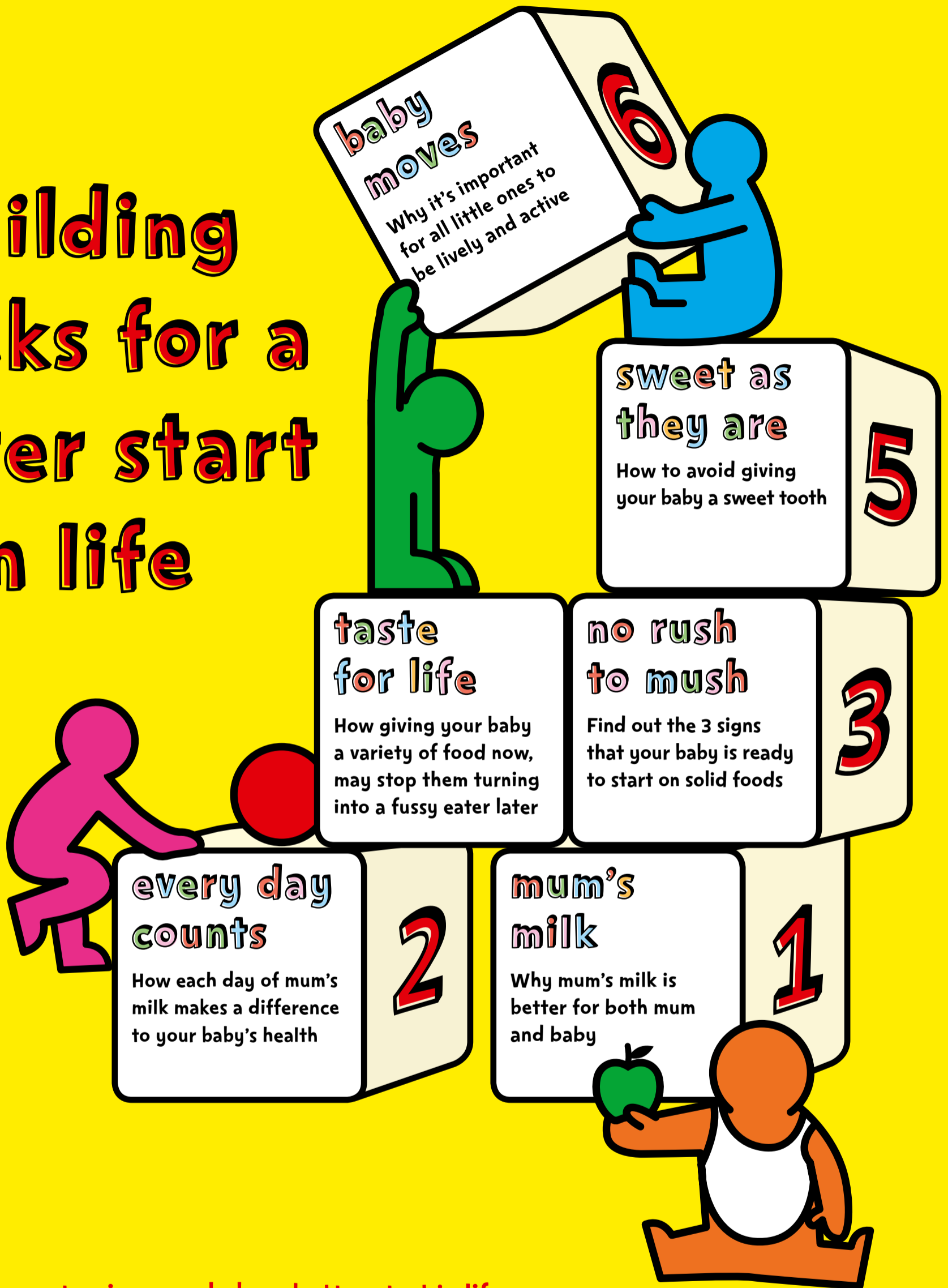


building blocks for a better start in life



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.

start



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