

Supporting your Child's Health and Wellbeing

Maternity Information

Congratulations on the birth of your baby. This leaflet provides some important information to support your child's health and wellbeing.

Where to get help and advice

It can be difficult to know where to access trustworthy information and advice to help your child stay healthy and to know what to do if they are unwell. We recommend the following sources.

Baby Buddy App (by Best Beginnings):

- Evidence-based and NHS-approved mobile app with lots of practical information to support parents and caregivers on many topics, from baby development to breast feeding, parental mental health, weaning, caring for a preterm baby and much more.
- Includes advice on safe sleep and where to access support to stop smoking, so you can give your baby the best start in life.
- The app is interactive, contains a vast video library and gives personalised, bite-size daily updates.



Search for BabyBuddy in your app store or scan here to **download for free:**



NHS Healthier Together Website

- The NHS Healthier Together website provides the latest expert advice and reassurance for parents and caregivers on common childhood illnesses, when to worry and where to go for help.
- There is also lots of information on how to help your baby stay healthy, infant feeding, postnatal care and appointments, children's development, sleep, mental health and wellbeing and more. Information is provided in multiple languages.



Visit <https://what0-18.nhs.uk> or **scan here:**



HANDi App

- HANDiApp provides expert advice on common childhood illnesses such as; diarrhoea and vomiting, high temperatures, chestiness, new-born problems and how to treat them.



Search for HANDiApp in your app store or scan here to **download for free:**



Vitamins

- Vitamins are important for healthy growth and development.
- From birth, all breastfed babies should be given a daily supplement of vitamin D (8.5 to 10mcg). If your baby is having more than 500ml (about a pint) of first infant formula a day, they do not need a supplement because formula is already fortified with vitamin D.
- All children aged 6 months to 5 years should be given vitamin supplements containing vitamins A, C and D every day.
- When you buy vitamin supplements make sure you read the label to check they are age appropriate or check with the pharmacist.



How to get vitamins and the Healthy Start Scheme

- You can buy vitamins from lots of places including pharmacies and supermarkets, or talk to your health visitor for more advice.
- If you're more than 10 weeks pregnant or have a child under 4 and are receiving qualifying benefits or tax credits you may be eligible for the **Healthy Start Scheme**.
- **Healthy Start** can help you buy healthy foods like milk, fruits and vegetables using a prepaid card, and receive free pregnancy vitamins, breastfeeding vitamins and vitamins for your child.

For more information or to apply visit www.healthystart.nhs.uk or scan here:



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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656 / 826319.