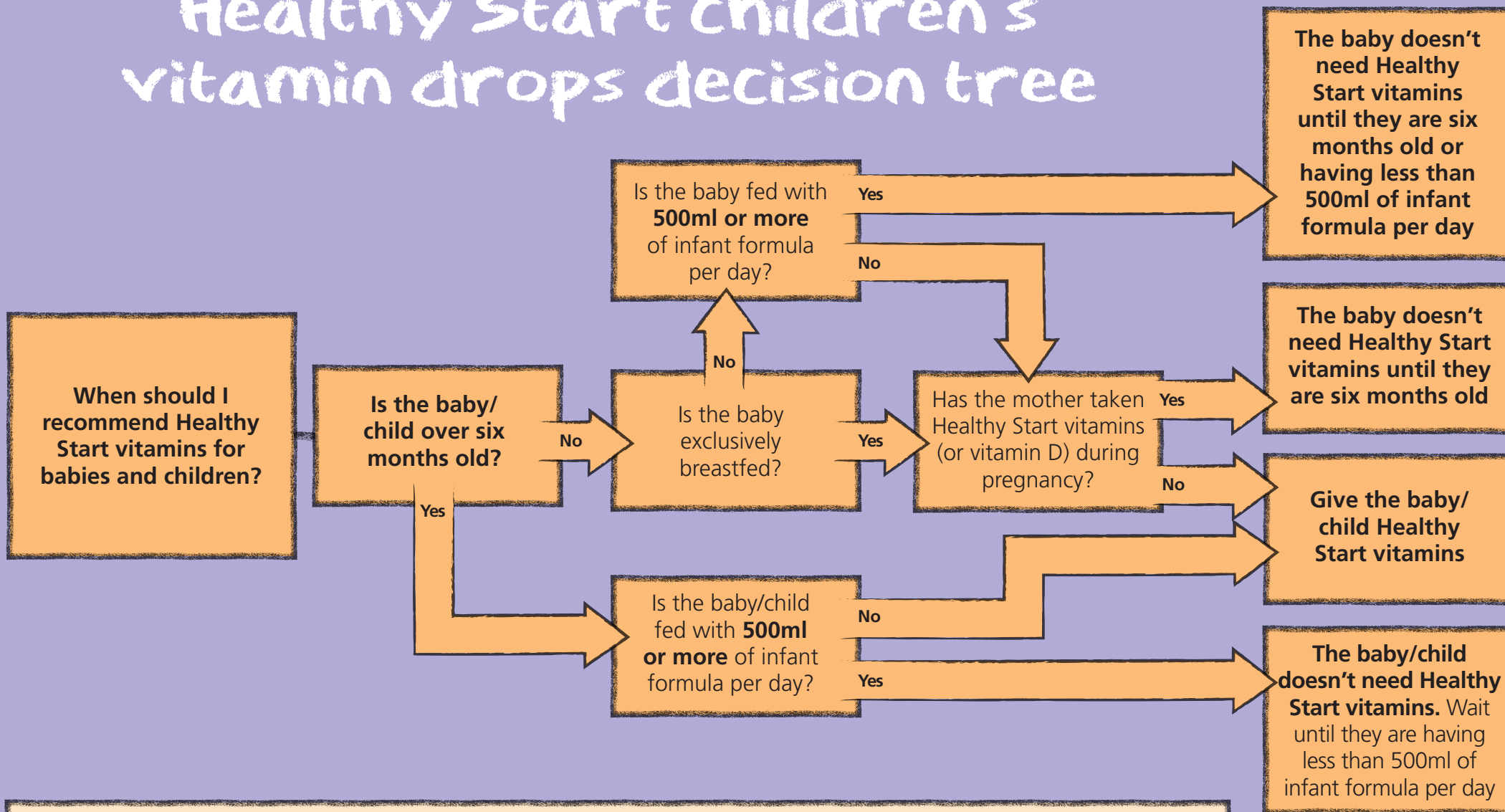


# Healthy Start children's vitamin drops decision tree



## Important

- If the baby is under one month old, only give Healthy Start vitamins under medical supervision.
- This Healthy Start vitamin decision tree applies to full term babies only, not premature babies. If a baby was premature please consult with a doctor regarding vitamin supplements.

## Healthy Start women's vitamins

All pregnant women and women with a baby under one who receive Healthy Start vouchers should take Healthy Start women's vitamin tablets. This is especially important if they are breastfeeding or at risk of vitamin D deficiency. Women from ethnic minorities (particularly of South Asian,

African-Caribbean or Middle Eastern origin) and those at risk of inadequate sun exposure (for example, women who cover their skin when outside or who spend large amounts of time indoors) are most at risk of vitamin D deficiency.

**HEALTHY  
START**