

Useful links

<https://www.gov.uk/healthy-start>



<https://www.manchester.gov.uk/>



<https://www.nhs.uk/start4life>



<https://www.nhs.uk/healthier-families/>

Unicef rights of the child

Article 24 (health and health services) Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this

QR code to be added



Manchester's **Healthy Families, Healthy Smiles**



Start Well
Giving every child the best start in life



Sure Start

Pregnancy

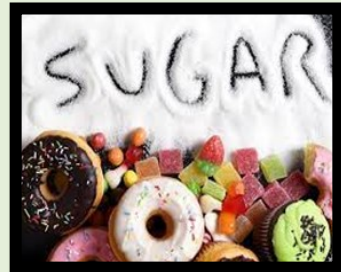
Healthy Eating



Eating healthy during pregnancy will help your baby develop.



Keep your meals healthy and balanced



Sugar cravings can cause tooth decay

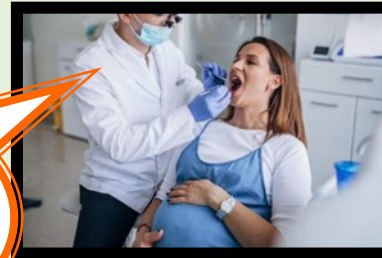


There is no need to eat for two



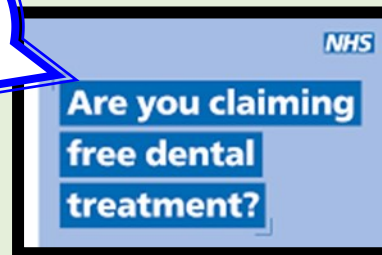
To help you buy fresh fruit and vegetables you may be entitled to Healthy Start Scheme.

Oral Health

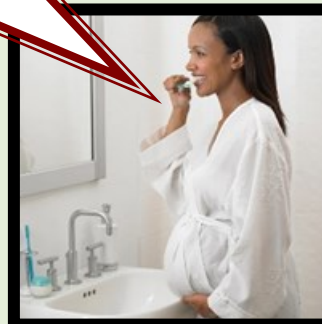


It is advisable that you visit the dentist whilst you are pregnant and for a year after your baby is born.

You are entitled to free checks ups and treatment.



Your gums may bleed, don't worry it can be just part of growing a baby. Brush well every morning and night to remove plaque



4-5 years

Healthy Eating



I can have 3 healthy meals a day- please remember I have a small tummy which is the size of my fist



I can help make healthy meals and snacks



I can eat healthy snacks between meals if I'm hungry



I need good role models to help me make healthy choices



I need to drink 3-5 cups of water or milk a day to keep

Oral Health



I can choose healthy snacks and drinks to keep my teeth healthy



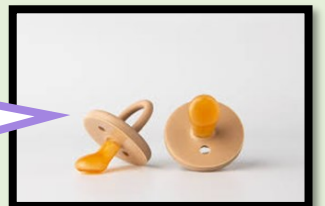
I can brush my teeth morning and night time with support from a grown up.



I do need fluoride toothpaste to keep my teeth healthy.



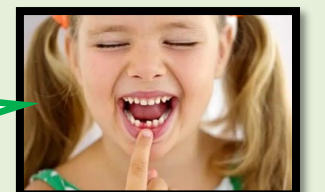
Drinking from a cup is better for my teeth.



To help my teeth and speech I no longer need my dummy



I have regular check ups at the dentist



My new teeth may start to appear and they need to last me forever.

3-4 years

Healthy Eating



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I can help make healthy meals and snacks



I can eat healthy snacks between meals if I'm hungry



I need good role models to help me make healthy choices

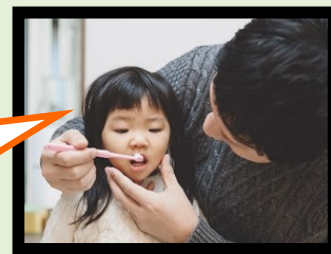


I need to drink 3-5 cups of water or milk a day to keep

Oral Health



I can choose healthy snacks and drinks to keep my teeth healthy



I can brush my teeth morning and night time with support from a grown up.



I do need fluoride toothpaste to keep my teeth healthy.



Drinking from a cup is better for my teeth.



To help my teeth and speech I no longer need my dummy



I have regular check ups at the dentist

0-1 years

Healthy Eating



I can drink breast milk or formula milk

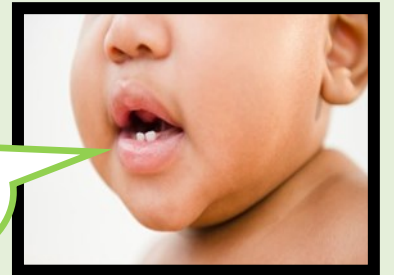


At around 6 months I can be introduced to solid foods and sips of water from a beaker with my meals .



Drinking water and milk is better for me.

Oral Health



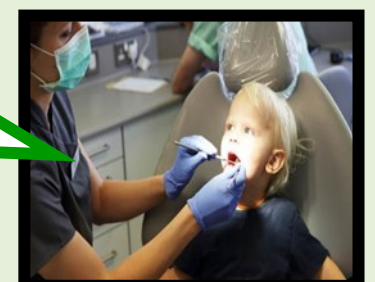
Be introduced to a toothbrush as soon as I start to show sign of teeth.



Start to brush my teeth with help as soon as they come through.



To help my growing teeth I do not need to drink juice from a baby bottle.



I can go to the dentist for a check up

1-2 years

Healthy Eating



I can have meals and snacks that are a variety of taste and textures of foods.



I can have regular drinks of water from my cup.

I do need fluoride toothpaste to keep my teeth healthy.



Drinking from a cup is better for my teeth.



I do not need sweet or salty snacks or treats.



I have regular check ups at the dentist



Oral Health



I can learn to brush my teeth twice a day with support from a grown

Healthy Eating



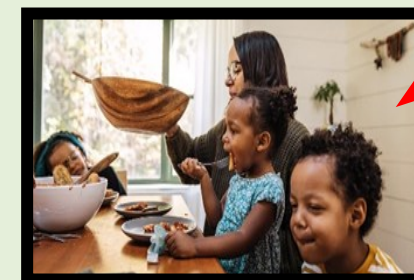
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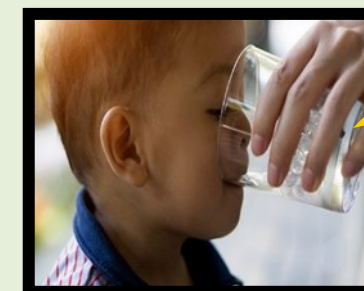
I can help make healthy meals and snacks



I can eat healthy snacks between meals if I'm hungry



I need good role models to help me make healthy choices



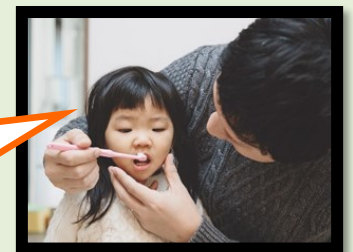
I need to drink 3-5 cups of water or milk a day to keep

2-3 years

Oral Health



I can choose healthy snacks and drinks to keep my teeth healthy



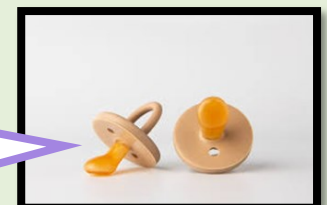
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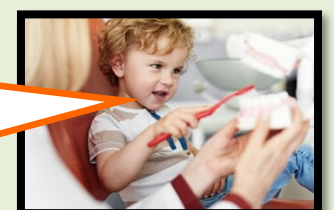
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