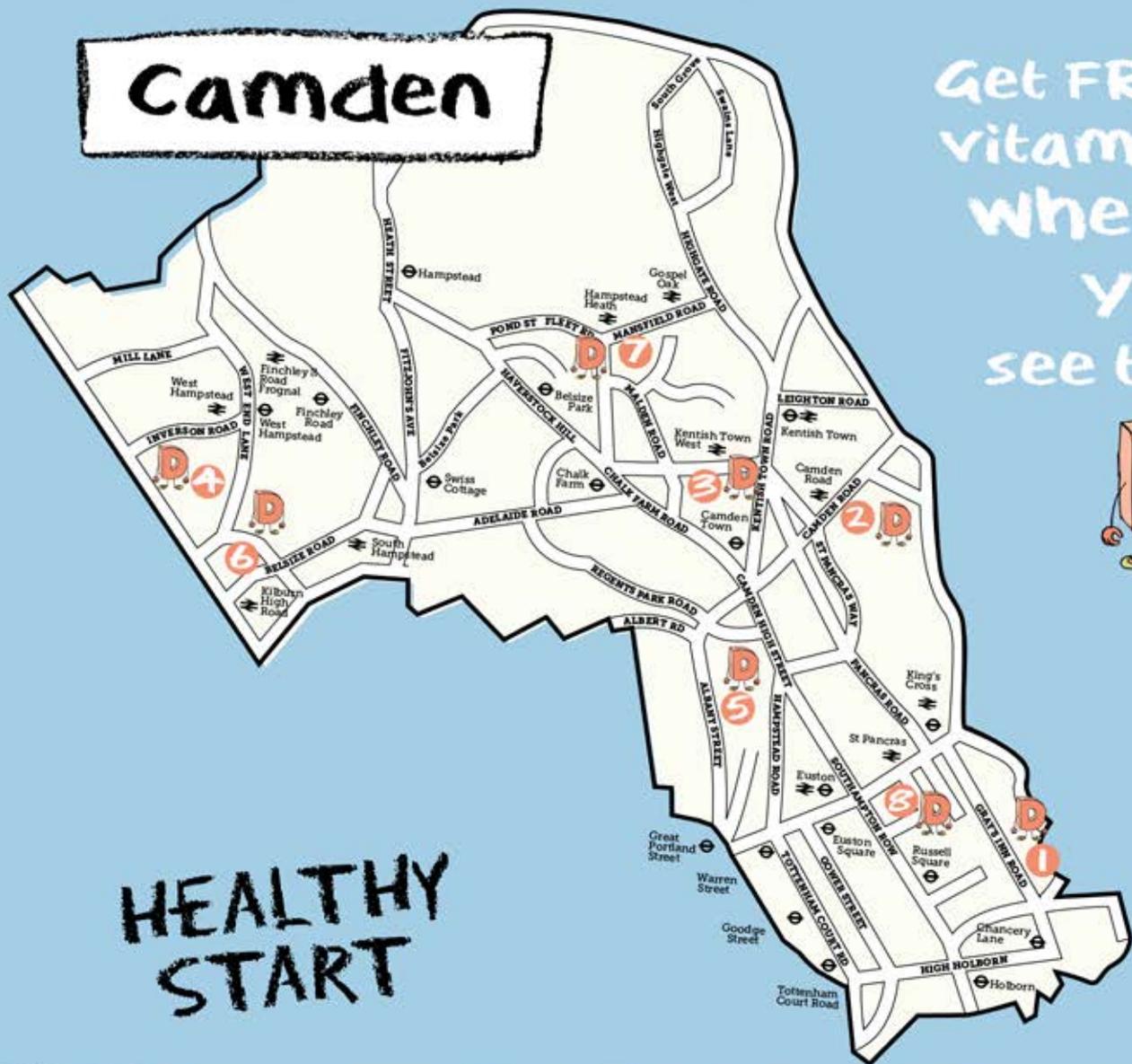


Are you getting enough vitamin D?

Camden

Get FREE
vitamins
where
you
see the



HEALTHY START

Pick up your FREE vitamins at these centres:



1a Children's Centre
1a Rosebery Avenue, EC1R 4SR
Tel: 020 7974 7024



Regent's Park Children's Centre
Augustus Street, NW1 3TJ
Tel: 020 7974 8934



Agar Children's Centre
Lulworth, Wrotham Road, NW1 9SU
Tel: 020 7974 4789



Belsize Priory Health Centre
208 Belsize Road, NW6 4DX
Tel: 020 3317 5800



Harmood Children's Centre
1 Forge Place, NW1 8DQ
Tel: 020 7974 8961



Gospel Oak Health Centre
5 Lismore Circus, NW5 4QF
Tel: 020 3317 3800

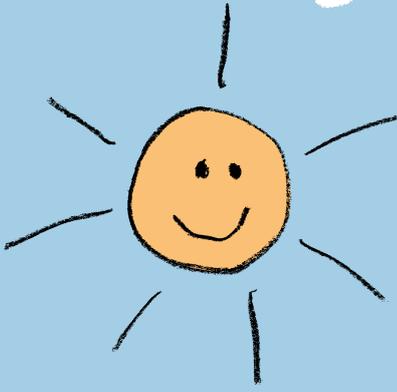


Kilburn Grange Children's Centre
1 Palmerston Road, NW6 2JL
Tel: 020 7974 5080



Hunter Street Health Centre
8 Hunter Street
WC1N 1BN
Tel: 020 3317 2345

Are you getting enough vitamin D?



What is vitamin D?

Vitamin D is important for you and your baby. It helps your bodies to absorb calcium, which is essential for keeping bones strong and healthy throughout life.

The best source of vitamin D is sunlight on the skin, but we often don't make enough vitamin D from sunlight alone in the UK. Unlike other vitamins which are available from food, it is difficult to get enough vitamin D from food alone, no matter how healthy and balanced your diet is.

Why is vitamin D important for pregnant women, new mothers and children?

Taking vitamin D in pregnancy helps to ensure that your own needs for vitamin D are met and you also have enough to pass on to your developing baby. This provides your baby with some stores of vitamin D to begin with.

Low levels of vitamin D in children can lead to a condition called rickets, where the child's bones are unable to support their body weight.

This results in bowed legs or knock knees.

Symptoms of low levels of vitamin D are:

- poor growth
- delayed growth of teeth/weak teeth
- delayed walking
- bone and muscle pain

Severe vitamin D deficiency can cause muscle cramps, seizures, breathing difficulties, and heart failure in rare cases.

Vitamin tablets and drops



Free vitamins available

All pregnant women, new mums and children under 4 years can receive free Healthy Start vitamins in Camden.

You can also get the free vitamins if you are trying for a baby.

You or your baby should not use other vitamin supplements as well as Healthy Start vitamins. Talk with your health visitor or midwife for more information.

As well as vitamin D, the women's tablets contain folic acid to help ensure your baby's spine develops normally, and vitamin C which helps you absorb iron better.

The children's vitamin drops also contain vitamins A and C which are needed for healthy growth and development.

How and when do I give my baby vitamin D?

Babies can start on Healthy Start vitamins from 4 weeks of age. It is important to give the drops daily.

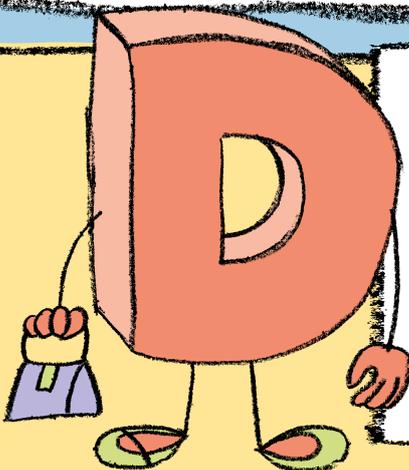
Vitamin drops can be given to young babies on a sterilised spoon.

Ideally, the drops should be given directly from a spoon to your child in order to give the complete dose. If your child will not take the drops from a spoon, they can be mixed with a little milk, or other liquid foods, for your baby.

Further Information

The vitamins are available for all families in Camden, but families on a low income may be able to get additional free food vouchers, which can be exchanged for milk, and fresh or frozen fruit and vegetables.

To find out more, speak to your health visitor or midwife to request an application form, or visit www.healthystart.nhs.uk or call 0345 607 6823.



HEALTHY START