

Are you a parent or carer for a child aged 1 – 4 years old ?

Did you know that 7.5% of children in the UK at this age have low vitamin D levels which puts their bone health at risk?

Daily multivitamins are recommended for all children aged 1-4yrs by the Department of Health and Social Care.

You can apply for free vitamins if you qualify for the Healthy Start scheme (If you get universal credit or child tax credit)*.

If you don't qualify for free vitamins, they can be bought at your local pharmacy.

Just ask for multi-vitamins for children aged 1-4 years. They come in drops or liquid and can be added to drinks, for example milk.

These vitamins contain;

Vitamin A (For a healthy immune system, skin and vision)

Vitamin C (For a healthy immune system and promotes iron absorption)

Vitamin D (For healthy bones and prevent rickets and osteomalacia)



*Visit <https://applyforhealthystart.nhsbsa.nhs.uk/apply-for-healthy-start/> for more information or type "Apply for healthy start" into Google / your search engine.