Information NOW
Information for people in Newcastle upon Tyne

NHS Start for Life

NHS Start for Life is an information website where you can find out more about:

- **pregnancy:** week-by-week guide, advice on vitamins, and which foods to include for a healthy, nutritious diet
- **babies**: with tips on parenthood, breastfeeding, vaccinations and free tools for having a healthy, happy baby
- **toddlers:** helping your child learn to talk by chatting, reading and playing together, and being physically active

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Website: https://www.nhs.uk/start4life/pregnancy/

Related Articles

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Baby, children and young people’s health