

Tuesday, 24 March 2026

[Health and Social Wellbeing Improvement](#)



This booklet outlines advice on many key nutritional issues for children aged one to five. It includes information on how to provide a healthy, balanced diet for this age group, guidance on suitable snacks and drinks, feeding a vegetarian child, vitamin supplements and iron, making the most of mealtimes and how to deal with fussy eaters. This has been updated to include new advice on halving small fruits and vegetables like grapes and cherry tomatoes. (Note: translations are of the 2007 version.)

Details

Format

20 page A5 booklet

Target group

Parents of children aged between one and five years of age

Downloads

Attachment	Size
Getting a good start 2026	786.96 KB
Good start Lithuanian.pdf	203.03 KB
Good start Polish.pdf	168.99 KB
Good start Portuguese.pdf	74.73 KB
Good start Russian.pdf	227.6 KB

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