

# A new baby?

## Advice you can trust from local healthcare professionals

**Healthier Together** is a website and app developed for parents by local healthcare professionals. It's packed with information, tips and advice to help you to care for your baby, including:

- Staying healthy in pregnancy
- Keeping your baby safe and healthy
- Possible symptoms of illness
- Where to go for help

And don't forget, Healthier Together is there for you with support and guidance at every stage as your child grows up too.

Find us online at:  
**what0-18.nhs.uk**

Scan the QR code  
with a smart phone  
to view the website



Download the free app:  
'Healthier Together'



## Healthier Together