



Breastfeeding gives your baby the best start. That's why we have a 'how to breastfeed' video online.



Making up a bottle? Don't worry, we can help with that too with a downloadable helpsheet.



We're here every crawl, toddle and step of the way.

What you do for your baby at the start is important, because that's what affects their future. At SMA, we offer as much help as possible, like lots of expert advice to support healthy growth and development.



**small steps, for their future.**

For videos, helpsheets and so much more, visit [smanutrition.co.uk](http://smanutrition.co.uk) or call the SMA Careline on 0800 0 81 81 80