



childsmile.nhs.scot



Changes to snacks and drinks information

Printed Childsmile Snacks and Drinks Leaflets

Childsmile *Snack Ideas for Children* and *Drinks for Babies and Young Children* can still be ordered as before from your local Childsmile Coordinator. However, these will be available in smaller volumes – each health board will have an allocation equivalent to approximately around 40% of the local birth rate. These printed versions can be used as part of interventions to support nutrition and diet with families where it is felt a physical copy would support them best. The electronic versions of these two booklets, and their translations, continue to be available on the Childsmile website.



Wider Feeding, Food and Drinks Information and Resources

All other families can be directed to a wide range of online sources of information and support. We particularly recommend the Parent Club website as well as our own electronic Childsmile resources. Links to specific information topics and support can be found in the following tables.



Childsmile:

Food and drinks for healthy teeth – *this web page contains information and links covering healthy eating, snack ideas, healthy drinks and hidden sugars.*

<https://www.childsmile.nhs.scot/parents-carers/food-and-drinks-for-healthy-teeth/>



Drinks for babies and young children – *this is the electronic version of the printed leaflet and is available in 9 translations. It focuses on feeding/drinks in the earliest months of life.*

https://www.childsmile.nhs.scot/wp-content/uploads/Drinks-for-babies-and-young-children-in-English_January-2025.pdf



Snack ideas for children – *Contains ideas for dentally healthy snacks from the early introduction of solid foods to ideas for older children.*

<https://www.childsmile.nhs.scot/wp-content/uploads/22388-Childsmile-Snack-ideas-for-children-November2022-English-1.pdf>



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Parent Club:

Feeding:

Here you'll find information and advice on different feeding options, learning your baby's feeding cues, coping with feeding at night and managing the challenges if things don't go entirely to plan.

<https://www.parentclub.scot/topics/feeding>



Your feeding options:

Take a look at these pages so you can start thinking about the best feeding option for you, your baby and your family.

<https://www.parentclub.scot/topics/feeding/feeding-options?age=0>



Breastfeeding:

With lots of advice and information on getting started, keeping going, and overcoming any problems that crop up along the way.

<https://www.parentclub.scot/topics/feeding/breastfeeding?age=0>



Expressing:

This section explains how to express and store your milk safely.

<https://www.parentclub.scot/topics/feeding/expressing?age=0>



Weaning and First Foods:

Here you'll find tried and tested techniques from parents and professionals who've learnt things the hard way, so you hopefully don't have to.

<https://www.parentclub.scot/topics/feeding/weaning-first-foods?age=0>



Parent Club:

Food and eating/recipes:

<https://www.parentclub.scot/recipes>



Meal planner:

The Parent Club Meal Planner. We hope it will make life a little less hectic by helping you plan your meals for the week ahead.

<https://www.parentclub.scot/mealplanner>



Planning meals and cooking (eating well at home, easy cheap and tasty family recipes, how to save money on food, how to plan meals, tips to get the kids helping in the kitchen, cooking with kids, cookalong videos, food safety, weights and measures).

<https://www.parentclub.scot/topics/food-eating/cooking?age=0>

