VITAMIN D AND YOUR BABY

Breastmilk has vitamin D but your breastfed baby needs more.

Vitamin D is often called the "Sunshine vitamin" because it is made from sun shining on bare skin.

Vitamin D is needed to build strong bones

We don't get as much sunlight as we once did because:

- sun exposure puts you at risk for developing cancer
- some cultures wear clothing that covers most of their skin
- air pollution does not let the sunrays through for the skin to make vitamin D
- the use of sunscreen does not allow the skin to make vitamin D

Daily drops of a vitamin D supplement can help prevent health problems related to your baby not getting enough vitamin D.

The recommendations for vitamin D are:

- to begin giving vitamin D by 2 months of age to breastfed infants. The most common form of vitamin D is a multivitamin drop with vitamins A, C, and D.
- read the instructions first, but for most vitamin drops, 1/2 dropper full will provide 200 IU of vitamin D.

Remember . . .
Vitamin D has been added to formula so breastfed or formula fed babies who drink 17 ounces of formula or more will not need to be supplemented with vitamin D drops.

If I am breastfeeding and I eat foods high in vitamin D, do I still need to give my baby vitamin drops?

Although some foods are good sources of vitamin D, it won't enrich your breastmilk enough for your baby's needs.

How can I get vitamin D drops for my baby?

- Discuss vitamin D drops with your baby's doctor or WIC Nutritionist. (They can help you decide if your baby needs vitamin D drops and where you can get them.)
- The multivitamin drops with vitamin D are available at most drug stores or pharmacies without a prescription.

Note:
If your baby is on Medicaid, (has a current Forward card) your doctor should write a prescription for the vitamin drops so that Medicaid will pay for it. Your baby will need to have a baby check-up, called a Health Check in order to have the vitamins paid for by Medicaid. Your health care provider can tell you if your baby has had a Health Check exam.

Breastmilk is Best!

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