



## Vitamin D & Your Baby



Breast milk 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
- \* certain cultures prefer clothing that covers most of their skin
- \* air pollution does not let the Vitamin D sunrays through for the skin to absorb
- \* the use of sunscreen does not allow the skin to absorb Vitamin D



**Fortunately, not having enough vitamin D can be prevented by giving daily drops of a vitamin D supplement**

**Ask your doctor or WIC nutritionist about vitamin D drops for your breastfed baby**

- \* Begin giving vitamin D within the first 6 weeks of the breastfed infant's life
- \* The most common vitamin drops come as a multivitamin with vitamins A, C, and D.
- \* Read the instructions first, but for most vitamin drops, ½ dropper full will provide 200 IU of vitamin D.

### Remember...



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

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

**A:** Yes. Although some foods are good sources of vitamin D, it won't enrich your breast milk enough for your baby's needs.

**Q: How can I get vitamin D drops for my baby?**

**A:** 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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