



## Vitamin D for the Breastfed and Formula Fed Baby/Child

### Vitamin D Facts

- ◆ Needed for strong bones
- ◆ The sun helps our skin to make it
- ◆ It is in breastmilk but your growing baby or young child needs more
- ◆ At 4 weeks of age and older, you can give your baby vitamin D drops each day, to make sure his bones are strong
- ◆ It is added to most liquid milk products, so drops are not needed if your baby or young child drinks some



### Tri-Vi-Sol<sup>®</sup> A, D & C Vitamin Drops

- ◆ You give this to your baby for vitamin D
- ◆ Give by mouth each day 1 dropper filled to the line
- ◆ If you do not give the drops one day **do not** give extra the next day
- ◆ **Do not** give extra if your baby spits-up some of the drops
- ◆ A slight change in color or smell of your baby's bowel movements is normal
- ◆ If you think your baby was given too much vitamin drops, call the Carolinas Poison Control Center at 1-800-848-6946 for advice
- ◆ Call your baby's doctor if you have questions

### How much sun is needed to make Vitamin D?

The amount of sun depends on :



- How dark your baby's or child's skin is
- How bright the sun shines
- The time of day
- How much skin is covered with clothing or sunscreen
- How much time is spent in the sun
- The amount of smog or air pollution

It is safe to give your baby the drops even if she gets enough sun. To make enough to safely not take vitamin D drops, your baby or young child needs at least:

-30 minutes of sun each week wearing no more than a diaper (5 minutes/day)

OR

-2 hours of sun each week if fully clothed but with no hat (20 minutes / day)

Babies with dark skin, need more time in the sun.

- ◆ Do not let babies get too much sun or they will get burned by the sun

### Food and Vitamin D

Vitamin D is:

- Added to few foods such as baby milk, fluid milk and some cereals
- In foods like oils, fatty fish and egg yolk
- Ask your nutritionist for ideas on how to increase your food intake of vitamin D for you and for baby/child