

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 the 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:

- begin giving 400 IU per day of vitamin D in the first few days of life 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, one dropper filled to the line (1 ml.) will provide 400 IU of vitamin D.
- measure the dose carefully using the specially marked medicine dropper provided.

Remember . . .

Since formula lacks vitamin D, it has been added in processing. However, babies fed formula need to take at least 32 ounces of formula per day to meet the vitamin D requirements.

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

Although some foods are good sources of vitamin D, they 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 tell you where you can get them.
- The multivitamin drops with vitamin D are available at most drug stores or pharmacies without a prescription.

Does BadgerCare Plus cover vitamin D drops?

If your baby is on BadgerCare Plus/Medicaid (has a current Forward card), your doctor should write a prescription for the vitamin drops so that BadgerCare Plus/Medicaid will pay for them.

Your baby will need to have a baby check-up, called a Health Check, in order to have the vitamins paid for by BadgerCare Plus/Medicaid. Your health care provider can tell you if your baby has had a Health Check exam.

