



BABIES AND VITAMIN D

Babies need **vitamin D** to develop strong healthy bones. Some babies do not get enough **vitamin D** in their diet of formula or breast milk. So, parents may be instructed by their child's doctor to give their baby a liquid **vitamin D** supplement.



Some liquid **vitamin D** supplement products come with droppers. If not used correctly, the dropper could allow parents to accidentally give their baby too much **vitamin D**.



Some droppers can hold a larger amount of liquid **vitamin D** than a baby should receive. It is important for parents to know how much **vitamin D** to give their baby. And it is important to know how to use the dropper to measure the correct amount.



Too much **vitamin D** can cause nausea and vomiting, loss of appetite, excessive thirst, frequent urination, constipation, abdominal pain, muscle weakness, muscle and joint aches, confusion, and fatigue.

It can also cause more serious problems like kidney damage.

Here's what you can do:

- **Ensure that your baby does not receive more than 400 international units (IU) of **vitamin D** a day.** *This is the daily dose of **vitamin D** supplement that the American Academy of Pediatrics recommends for breast-fed and partially breast-fed babies.*



- **Follow the package instructions carefully.** *The instructions will tell you how to use the dropper to give the right dose.*



- **Use only the dropper that comes with the product.** *It is made specifically for that product.*
- **Do not use a dropper from another product.** *Ensure the dropper is well marked so you can easily measure the correct dose of the medicine.*
- **Also make sure that the measurement markings on the dropper correspond to the instructions regarding how much medicine to give your baby.**
- ***If you cannot clearly determine the dose of **vitamin D** delivered by the dropper, talk to a doctor or pharmacist before giving the medicine to your baby.***



- **If your baby is being fully or partially fed with infant formula, check with your pediatrician or other health care professional before giving the child **vitamin D** supplements.**



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