



Vitamin D supplements for babies

Vitamin D helps a baby's growth and promotes healthy bone development.

Why does my baby need a vitamin D supplement?

When you are pregnant, your baby receives their vitamin D from you. After birth, your baby's vitamin D levels reduce, and they can become low.

We recommend that all babies are given a vitamin D supplement to prevent them from developing a vitamin D deficiency.

Vitamin D is essential for:

- absorption of calcium for healthy bones and teeth
- reducing the risk of soft bones
- improving muscle strength
- growth and a healthy immune system.

How much vitamin D should my baby be given?

Your baby should be given 400 international units (IU) of vitamin D once a day.

How long does my baby need a vitamin D supplement for?

We recommend you give your baby vitamin D from birth until your baby is 12 months old or as recommended by your doctor.

Where can I buy a vitamin D supplement for my baby?

You can buy Vitamin D supplements suitable for your baby from any pharmacy. You do not need a prescription to buy them.

There are many vitamin D supplements available for babies. They come in different strengths and dosages. Ask your pharmacist about what is best for your baby.

How do I give my baby Vitamin D?

Place the required dose directly on to your nipple, a washed clean finger or a clean dummy and allow your baby to suck for 30 seconds. If you prefer, you can add the required dose of vitamin D on to a clean spoon and give it to your baby.

Your pharmacist can explain how to give your baby the right amount of Vitamin D.

For your information

If you have any questions or concerns, call the Royal Women's Hospital Medicines Information Line on (03) 8345 3190 or see your local pharmacist.