



Does your 0-6 month old breastfed baby need Vitamin D supplementation?

Vitamin D helps prevent rickets and soft bones and many other diseases. You may be told to give your baby vitamin D drops. Decide what is right for your baby.

Vitamin D deficiency risk factors during infancy:

- * Family lives in area without year round full sunlight
- * Baby has dark skin pigmentation
- * Mother and baby avoid sun exposure on skin
- * Mother does not eat many vitamin D foods (ie: fish, dairy)

YES to all or some

NO None of these apply

Baby is dark skinned or kept indoors not exposed to sun

Mother's diet contains little Vitamin D or Mother does not get sun

Great! Normal expectations.

Baby can get safe* sun exposure 2x+ per week with little clothing

Mother can take a Vit D supplement while nursing or get some safe* sun exposure

YES
Healthy* sun exposure possible

NO
Sun not available for many months or not culturally wanted

Discuss Vitamin D supplements with health care provider

Discuss safe* sun exposure with your provider

**Safe and healthy sun exposure depends on your skin tone, geography, climate and family history*