

Your important health information

Vitamin D and your baby

What is vitamin D?

Vitamin D is needed to form and maintain strong bones.

If a baby does not have enough Vitamin D, it can result in soft bones and stunted growth (rickets). In very rare cases, it can also lead to low blood calcium that can cause seizures.

Vitamin D is found in foods such as:

- fish
- milk
- eggs
- cereals with added vitamins and minerals.

Your body also makes vitamin D when skin is exposed to sunshine.

Breastmilk has low amounts of vitamin D.

What does this mean for your baby?

If your baby is breastfed, or mainly breastfed, you should give your baby a vitamin D supplement every day from the time you leave hospital until the baby is at least 6 months old.

Vitamin D supplements are available at your local pharmacy. You will not need a prescription.

Ask your pharmacist about how much to give your baby.

Further Information

If you have any questions regarding this information, please contact:

Mercy Hospital For Women

Department of Paediatrics

Phone: 03 8458 4422

Werribee Mercy Hospital

Maternity Services

Phone: 03 8754 3400

Acknowledgements

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