

# Vitamin D and Your Baby



**HERITAGE**  
PEDIATRICS, PLLC

The American Academy of Pediatrics recommends breastfeeding as the sole source of nutrition for your baby for the first 6-months of life. Once solids are introduced, breastfeeding is still recommended until 12-months of age. However, breast milk does not contain a sufficient amount of vitamin D; deficiency can lead to diseases such as rickets, which softens the bones.

**Dr. Crews recommends starting a vitamin D supplement at about 2-weeks of life but no later than 2-month of age. For breastfed babies, the vitamin D supplement is continued until 12 months of age.**

**What Vitamin D supplements on the market does Dr. Crews recommend?**

- Enfamil D-Vi-Sol
- Carlson Baby's Super Daily D3 Drops (400 IU)
- Baby Ddrops Vitamin D3 (400 IU)

**What if I am breastfeeding and supplementing with formula, does my baby still need a vitamin D supplement?**

- If your baby is receiving less than 32-ounces of formula a day, we recommend supplementing with vitamin D

**What if I forget a day or week?**

- Don't worry! Just start back with 400 IU per day and do the best you can. Don't double up.