

Vitamin D supplementation

Vitamin D is needed to help your body develop strong bones. The AAP recommends breastfeeding of infants for at least 12 months and for as long thereafter as the mother and infant desire. However, human milk does not contain enough vitamin D to prevent rickets.

Liquid multivitamin drops with vitamin D are available. If you give your baby the recommended amount the baby will get all the vitamin D needed to prevent rickets.

You should start giving the vitamin D drops at 2 months of age. Give the drops once a day, every day. The drops will not interfere with breastfeeding. You should keep giving it until your child has weaned from breastfeeding and is receiving at least a pint (16.9 ounces or 500 ml) of infant formula every day.

Infants who are fed infant formula do not require supplements. All formulas sold in the United States have a sufficient amount of vitamin D that infants need as long as they are given about 16.9 ounces (pint) of infant formula per day.