

Vitamin D supplements for babies



the women's
the royal women's hospital

Why does your baby need vitamin D?

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.

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.

At the Women's, we recommend that all babies are given a vitamin D supplement to prevent them from developing a vitamin D deficiency.

How much should you give your baby?

Guidelines recommend that you give your baby 400 international units (IU) of vitamin D3 once a day.

For example, if you are using vitamin D3 drops with 400 IU in each drop, you would need to give your baby 1 drop each day.

How long does your baby need it for?

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

Where can you buy vitamin D?

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

There are many options available and they come in different strengths and dosages. Ask your pharmacist about what is best for your baby.

Some Vitamin D products available from your pharmacy

Product	Strength and dose
 <p>Ostelin® Infant Vitamin D3 Drops</p>	<p>Strength: 1 drop = 400 IU</p> <p>Dose: 1 drop daily = 400 IU</p>
 <p>OsteVit-D® Vitamin D3 Kids Drops</p>	<p>Strength: 1 drop = 200 IU</p> <p>Dose: 2 drops daily = 400 IU</p>
 <p>Ostelin® Kids Vitamin D3 Liquid</p>	<p>Strength: 0.5 mL = 200 IU</p> <p>Dose: 1 mL daily = 400 IU</p>

How do you give them to your baby?

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 put the required dose on a clean spoon and give it to your baby this way.

Please talk to your pharmacist if you need help giving your baby the right dose of vitamin D supplement.

For more information

If you have any questions or concerns, call the Royal Women's Hospital Medicines Information Service or see your local pharmacist.

Medicines Information Service

The Royal Women's Hospital
Hours: 9 am – 4 pm (Monday to Friday)
T: (03) 8345 3190
E: drug.information@thewomens.org.au

Pregnancy, Birth and Baby

Vitamin D for babies
<https://www.pregnancybirthbaby.org.au/vitamin-d-for-babies>

Do you need an interpreter?



You can ask for an interpreter if you need one.

Family Violence Support

1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732

1800respect.org.au