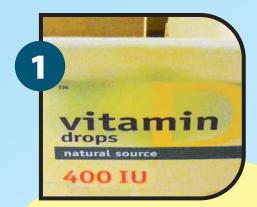
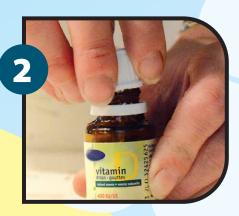
## How to give baby a

## **Vitamin D drop**

## everyday



Read box instructions carefully



400 IU = 1 drop



Wash your hands.
Put 1 drop on your
clean finger or nipple.



Put in baby's mouth.



Put vitamin D up high or locked away from children.

## NOTE:

- Babies need vitamin D for strong bones and teeth.
- Babies need 1 drop (400 IU) every day. Health professionals may recommend up to 800 IU every day. More than this amount may not be safe for baby.
- For more information, talk to your Healthcare Provider, or call the Middlesex-London Health Unit 519-663-5317.
- For more information about vitamin D visit: https://www.caringforkids.cps.ca/handouts/vitamin\_d

