

How to give baby a

Vitamin D drop

everyday

1



Read box instructions carefully

2



400 IU = 1 drop

3



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

4



Put in baby's mouth.

5



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