

Vitamin D

What Parents & Patients Need to Know

Why is Vitamin D Important?

Vitamin D helps your child:

- Build **strong bones and teeth**
- Support **healthy growth**
- Keep their **immune system strong**

A **lack of vitamin D** can lead to bone problems like **rickets**, **muscle weakness**, and even **delays in growth**.

Who Needs Vitamin D Supplements?

Many children don't get enough vitamin D from food or sunshine. Your child may benefit from a **daily supplement** if they:

- Are breastfed or taking less than 32 oz formula per day
- Don't drink enough Vitamin D-fortified milk
- Spend little time outdoors or wear sunscreen all the time
- Have darker skin
- Have a medical condition that affects nutrient absorption (cystic fibrosis, celiac disease, seizure medication use)
- Are overweight

Do We Need a Blood Test First?

Usually not. If your child has **no symptoms and is low-to-moderate risk**, we recommend giving vitamin D daily **without** testing.

How Much Daily Vitamin D Does My Child Need?

Age	Daily Vitamin D Supplement
0 – 12 months	400 IU (infant drops)
1 – 18 years	600 – 1,000 IU (chewable or gummies)

Note: These amounts are safe and do not require a prescription.

Tips to Help Your Child Get Enough Vitamin D

- Give supplements daily (**drops, gummies, or chewables**)
- Offer vitamin D-fortified foods (milk; **2-4 cups/day**, cereal, yogurt, eggs, salmon)
- Encourage outdoor play (**sunlight exposure, 15-30 minutes**)

Questions?

We're happy to help! Let us know if you need help choosing the right supplement or figuring out the dose for your child.