Vitamin D is often called the “sunshine vitamin,” because it’s made from sun shining on bare skin. Breast milk has vitamin D, but your breastfed baby needs more.

Vitamin D is needed to build strong bones.

*We don’t get as much sunlight as we once did, because:*

• Sun exposure puts us at risk for developing cancer.
• Sunscreen is used to protect skin.
• Clothing covers most of the skin.
• Air pollution does not let all of the sun’s rays reach the skin.

Daily vitamin D drops can help stop health problems that happen when your baby does not get enough vitamin D.

**Vitamin D for babies – breastfed baby**

• Give breastfed babies 400 international units (IUs) of vitamin D each day, starting the first few days of life. *The most common form of vitamin D is a multivitamin drop with vitamins A, C and D.*

• Read the instructions first, but most vitamin drops provide 400 IUs of vitamin D with one dropper filled to the 1 milliliter (1ml) line.

• Measure the dose carefully using the specially marked medicine dropper provided.

**Vitamin D for babies – formula-fed baby**

Vitamin D is added to formula during processing, but babies on formula need at least 32 ounces (32oz) of formula each day to get enough of the vitamin.

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*If I am breastfeeding and I eat foods high in vitamin D, do I still need to give my baby vitamin D drops?*

Yes. Foods that are good sources of vitamin D do not enrich your breastmilk enough to meet baby’s needs.

*How can I get vitamin D drops for my baby?*

• Discuss vitamin D drops with your baby’s doctor or WIC nutritionist. They can help you decide if your baby needs the drops and tell you where to get them.

• You can buy multivitamin drops with vitamin D at most drug stores and pharmacies without a prescription. *Examples (brands) include Tri-Vi-Sol and Poly-Vi-Sol.*

*Does BadgerCare Plus cover vitamin D drops?*

If your baby is on BadgerCare Plus/Medicaid (has a current Forward card), your doctor should write a prescription for the drops so that BadgerCare Plus/Medicaid pays for them.

*Note: Your baby needs to have a checkup (called HealthCheck) for BadgerCare Plus/Medicaid to pay for the drops. Your baby’s doctor or nurse can tell you if your baby has had a HealthCheck exam.*