

c. Vitamin D

MODULE 8

Breast milk provides all the nutrients your baby needs. In certain cases, supplements may be recommended.

Vitamin D is needed to develop healthy bones and teeth. Health Canada recommends giving a Vitamin D supplement to babies who are breastfed from birth. You should continue giving the supplement until such time that he or she gets enough Vitamin D in other foods or until the baby reaches one year old.

For more information about Vitamin D supplements, consult a health care professional - doctor, pharmacist, dietician, or nutritionist.