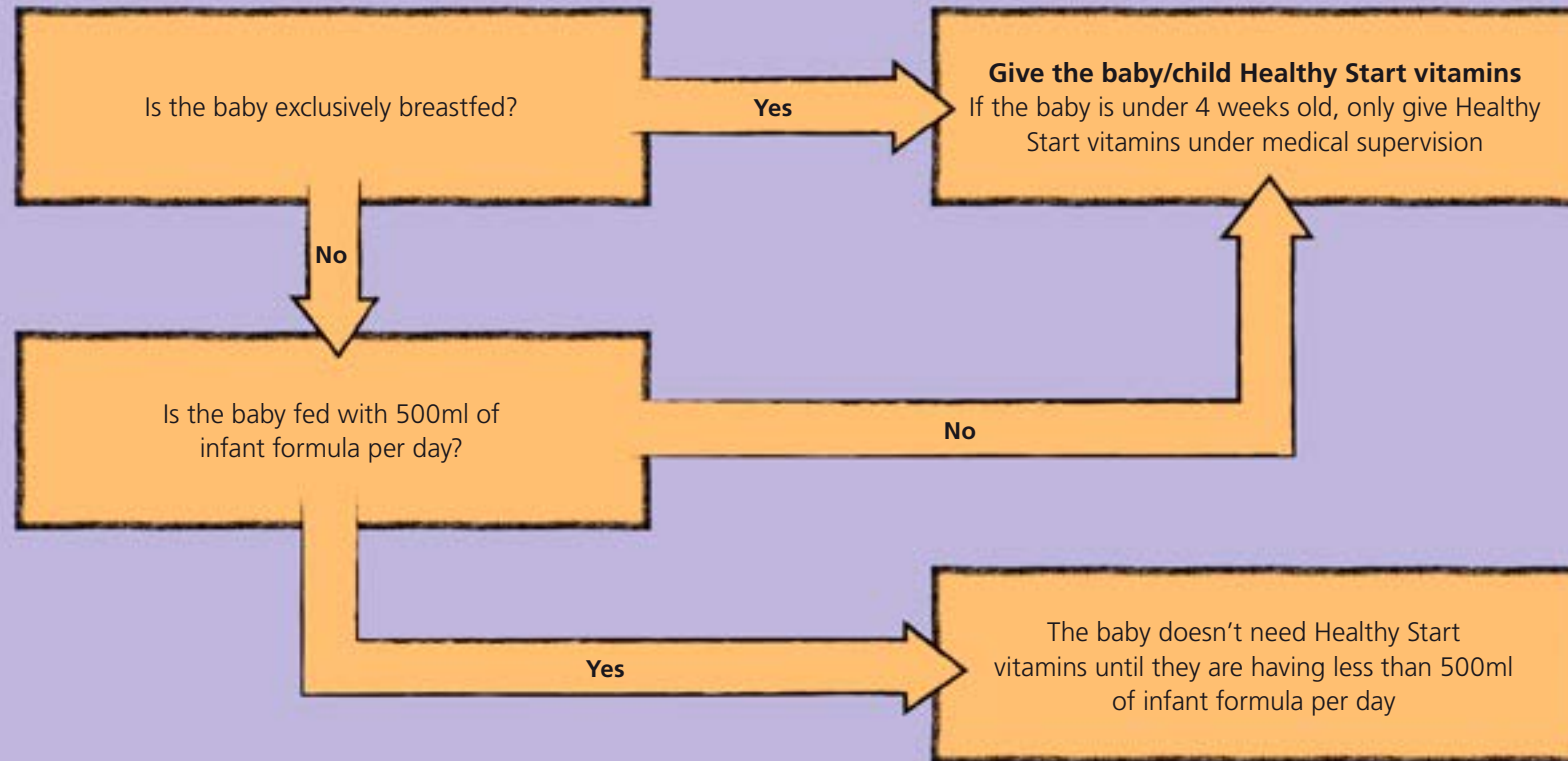


Healthy Start children's vitamin drops decision tree



Important

If the baby is under 4 weeks old, only give Healthy Start vitamins under medical supervision.

This Healthy Start vitamin decision tree applies to full term babies only, not premature babies. If a baby was premature please consult with a doctor regarding vitamin supplements.

Healthy Start women's vitamins

All pregnant and breastfeeding women, particularly teenagers and young women, are at risk of vitamin D deficiency.

The UK Departments of Health specifically recommend 10 micrograms of vitamin D each day for pregnant and breastfeeding women and 400 micrograms of folic acid each day for women who may become pregnant and up until the 12th week of pregnancy.

People who are not exposed to much sun; for example, those who cover their skin for cultural reasons, are housebound or who stay indoors for long periods are also at greater risk of vitamin D deficiency.

People who have darker skin, such as people of African, African-Caribbean and South Asian origin, are also at risk of vitamin D deficiency because it takes their skin a longer time to produce as much vitamin D as it does for someone with lighter skin.

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