

# Vitamin D

The American Academy of Pediatrics recommends that all babies receive routine vitamin D supplementation (400 IU per day) due to decreased sunlight exposure and an increase in rickets. Vitamin D supplementation can be purchased over the counter. The infant should take the Vitamin D supplementation until he or she is 6 months of age. At that time the provider, will tell the parents to stop the Vitamin D supplementation and will prescribe a multivitamin with fluoride.

(Adapted Reference: [kellymom.com](http://kellymom.com))