

## Fluids and Vitamins

<b>Breast milk</b>	<ul style="list-style-type: none"> <li>– The American Academy of Pediatrics recommends that babies be exclusively breastfed for the first 6 months of life. This means your baby needs no additional foods (except Vitamin D) or fluids unless medically indicated.</li> <li>– Your breastfed baby will need <b>400 IU of vitamin D drops</b> every day until one year of age or consuming more than 32 ounces of formula per day.</li> <li>– Babies should continue to breastfeed for a year or as long as it is mutually desired by the mother and baby.</li> </ul>
<b>Formula</b>	<ul style="list-style-type: none"> <li>– Formula-fed babies consuming <u>less than 32 ounces</u> of formula daily will need <b>400 IU of vitamin D drops</b> every day until at least 12 months old.</li> <li>– Quantity of formula consumed varies from infant to infant. Some babies seem to be “gas guzzlers” while some are more “fuel efficient.” As long as your baby is growing well and seems content, you don’t need to worry.</li> <li>– We recommend mixing your infant’s formula powder or formula concentrate with fluoridated tap water or “nursery water.” If you are using a “ready to feed” formula or use well water, notify your pediatric provider. Your infant may need a prescription of fluoride drops (see below).</li> </ul>
<b>Whole Milk</b>	<ul style="list-style-type: none"> <li>– Whole milk may be introduced at 12 months on age. Low-fat milk should not be used until your baby is 2 years old.</li> </ul>
<b>Water</b>	<ul style="list-style-type: none"> <li>– Water can be introduced to your baby at 6 months of age. You can offer tap water as a drink between meals, especially in hot weather when extra fluids are needed. Notify your pediatric provider if you are using well water (see Fluoride below). Note that it is <u>not</u> necessary to boil water when making infant formula.</li> </ul>
<b>Juice</b>	<ul style="list-style-type: none"> <li>– Your baby does not need juice. It is not as nourishing as fresh fruits or vegetables. When babies fill up on juice, they eat less of the foods they need. Even 100% juice is high in sugar and can lead to tooth decay.</li> </ul>
<b>Fluoride</b>	<ul style="list-style-type: none"> <li>– Fluoride drops may be recommended for infants exclusively breastfed beyond 6 months (if not drinking tap water) and for infants whose formula is made with well water or non-fluoridated bottled water.</li> <li>– Please notify your pediatric provider if your infant falls into this category.</li> </ul>
<b>Vitamin D (D-Vi-Sol)</b>	<ul style="list-style-type: none"> <li>– Breastfed infants and infants consuming less than 32 ounces of formula daily should be given <b>400 IU of vitamin D drops</b> every day until age 12 months</li> </ul>
<b>Vitamins with Iron</b>	<ul style="list-style-type: none"> <li>– Breastfed infants need additional iron starting at four months. Unless your infant is eating iron-fortified cereals or red meats at this time, start “Poly-Vi-Sol with Iron” (and discontinue the D-Vi-Sol).</li> <li>– When your baby starts eating iron-rich foods, you can switch vitamins back to the D-Vi-Sol.</li> </ul>