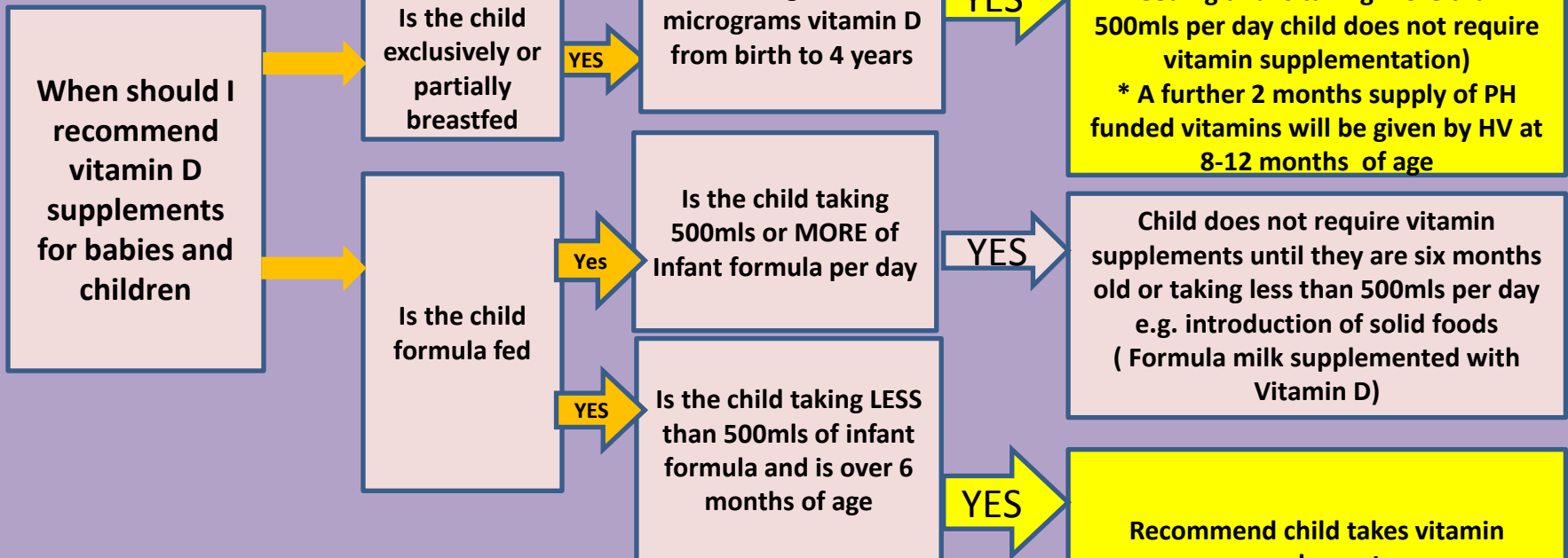


Barnsley Healthy Start Vitamin D Guidance - Children

All young Children should take a daily supplement containing VITAMIN D in the form of vitamin drops. FREE (if eligible to Healthy Start scheme) vitamins are available from Infant Feeding Service, Health Visitors or local Family Centre.

Reduced price vitamins available to none eligible families at Main and link Family Centre sites.



Provide PH FUNDED 2 MONTH supply of vitamins to ALL breastfed babies
This will be given at 1-2 weeks of age, by H/V or Infant Feeding Support worker, and advise where to access ongoing vitamins.
(if child is having top ups or mixed feeding and is taking more than 500mls per day child does not require vitamin supplementation)
* A further 2 months supply of PH funded vitamins will be given by HV at 8-12 months of age

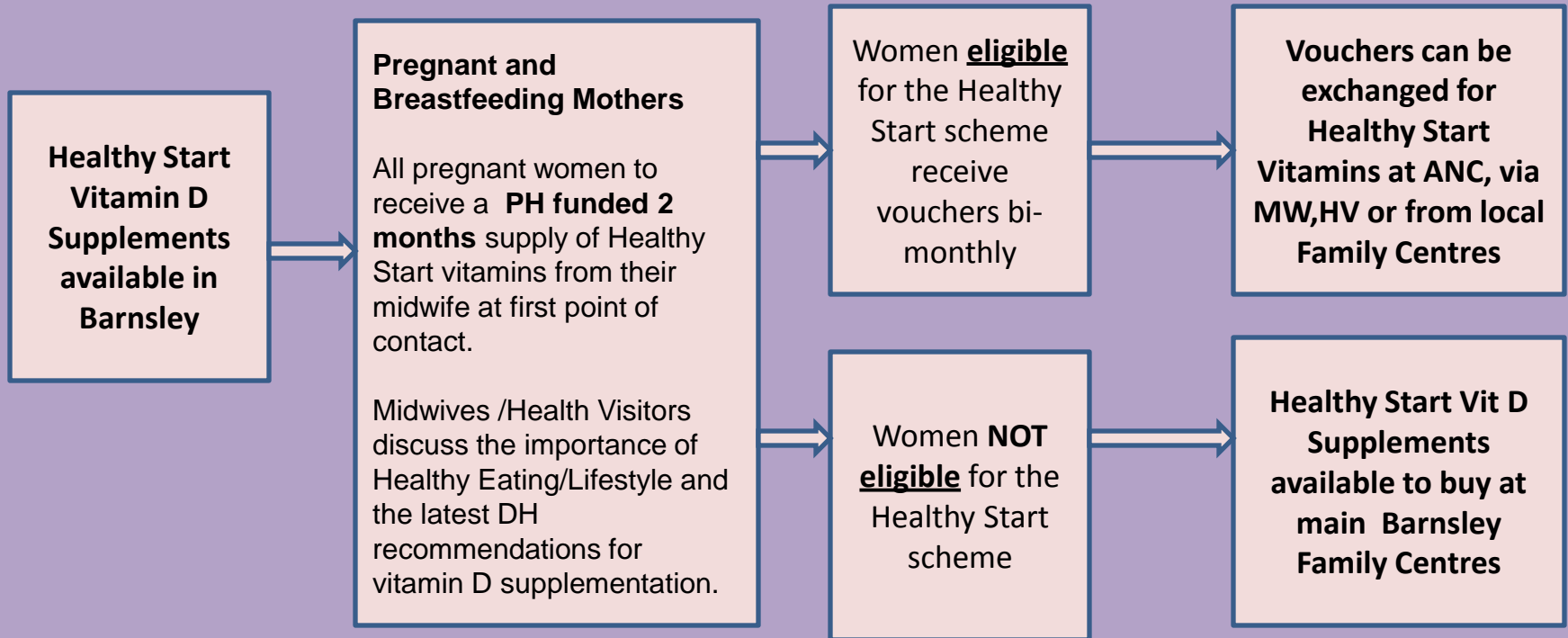
Child does not require vitamin supplements until they are six months old or taking less than 500mls per day e.g. introduction of solid foods (Formula milk supplemented with Vitamin D)

Recommend child takes vitamin supplements
HV to give PH FUNDED 2 MONTH SUPPLY at 8-12 months and advise where can access ongoing vitamins

IMPORTANT: The pathway above applies to full term babies only - from 37 weeks gestation
Paediatricians/GPs will provide pre term babies with required vitamin supplementation up to 6 months of age
Healthy Start Vitamin supplements contain: dosage = 5 drops per day
Vitamin A 33mcg/day Vitamin C 20mg/day
Vitamin D 7mcg/day (please note dosage will change 2018)

Barnsley Healthy Start Vitamin D Guidance - Women

All pregnant women and women with a baby under one should take daily supplement containing 10mcg of vitamin D to ensure the mothers requirements for vitamin D are met and build adequate fetal stores for early infancy. This is especially important if they are breastfeeding or at risk of vitamin D Deficiency



IMPORTANT INFORMATION: Healthy Start vitamins for pregnant & breastfeeding women contain:
Vitamin C (70mg), vitamin D (10mcg) and Folic Acid (400 mcg)

Family Centres – Darfield, Jump, Kings Oak, Kendray & Worsborough, Worsborough Common, Athersley & Grimethorpe, Lundwood, Embankment, and Dearne