

through a straw or rinse the mouth thoroughly after ingestion.

- Avoid administration of liquid iron supplements with whole cow's milk or milk products, because they bind free iron and prevent absorption.
- Educate parents that iron supplements will turn stools black or tarry green.
- Iron supplements may cause transient constipation. Caution parents not to switch to a low-iron containing formula or whole milk, which are poor sources of iron and may lead to iron-deficiency anemia (see [Iron-Deficiency Anemia, Chapter 24](#)).
- In older children, follow liquid iron supplement with a citrus fruit or juice drink (no more than 3 to 4 oz).
- Avoid administration of iron supplements with foods or drinks that bind iron and prevent absorption (see [Iron-Deficiency Anemia, Chapter 24](#)).

### Safety Alert

There are reports of accidental overdoses of liquid vitamin D in infants caused by packaging errors; the syringe for liquid administration may not be labeled clearly for 400 IU. Nurses should educate parents to read syringes and to avoid administering more than 400 IU of vitamin D ([US Food and Drug Administration Consumer Health Information, 2010](#)).

Fluoride supplementation in exclusively breastfed children is not required for the first 6 months because of the risk of dental fluorosis. However, fluoride supplementation may be necessary if the breastfeeding mother's water supply does not contain the required amount of fluoridation (see later in this chapter). Employed mothers can continue breastfeeding with guidance and encouragement.\* Mothers are encouraged to set realistic goals for employment and breastfeeding, with accurate information regarding the costs, risks, and benefits of available feeding options. Barriers encountered by working breastfeeding mothers include