

# Understanding Newborn Liquid Vitamin Supplements

Liquid vitamin supplements help keep your baby's body healthy and strong. Breast milk is naturally low in some vitamins, so supplementation can help.

If your care team says to give your newborn vitamin drops, it will help your baby get what they need to grow and thrive.



Sometimes a baby needs liquid vitamins to stay healthy.

## Why Babies May Need Liquid Vitamin Supplements

Your care team may prescribe vitamin supplements if:

- Your baby was born early.
- Your baby has certain health conditions.
- Your baby is exclusively breastfed.
- The breastfeeding mom follows a vegan diet that may be low in certain vitamins.

## Which Vitamins Babies May Need

Your care team will tell you which vitamin drops your baby might need to stay healthy. Here are the common ones and why your baby might need them:

- **Vitamin D:** Many babies need vitamin D drops. Vitamin D helps your baby's bones grow strong and keeps their teeth healthy. Breastfed babies might need vitamin D because sometimes breast milk does not have enough. Formula-fed babies often get enough vitamin D from their formula. However, some still need it if they do not drink enough.
- **Iron:** Iron helps your baby's blood carry oxygen through red blood cells. Your care team may advise giving your baby iron drops if they are at risk for low red blood cells, which is called anemia.
- **Multivitamins:** Sometimes, your care team may suggest multivitamin drops to give your baby a range of nutrients if they are not getting enough from milk.

## How to Give a Baby Liquid Vitamin Supplements

Your care team will tell you how many drops to give and how often. Here are some tips to make giving your baby liquid vitamins easier:

- Hold your baby upright or at an angle and support their head and neck. Do not give the liquid vitamins while they are lying down.
- Use a dropper or syringe. This is the easiest way to get the drops into your baby's mouth. Follow the instructions from your care team for the right amount.
- Let your baby open their mouth. Then, gently place the drops inside your baby's cheek or on their tongue.
- If your baby spits up the liquid vitamins, do not give them another dose. If this happens every time you give it to them, talk to your care team.
- Be patient. Some babies may fuss at first. Stay calm and gentle.
- Make it a routine. Give the vitamin at the same time each day, like after feeding.
- Do not put the drops in the bottle or mix with milk unless your care team says it is OK.



Be patient when giving your baby liquid vitamins.

## What to Expect

Keep your appointments with your care team. They will check your baby's growth and health. It is important to follow their advice for feeding, supplements, and routine checkups. This will help your baby grow and thrive.

## When to Contact Your Care Team

Call your care team if you notice:

- Your baby refuses to take the supplement or seems to cough or choke when taking it.
- Your baby has a rash.
- You have questions about how much or how often to give the vitamins.
- You see any changes in your baby's eating or sleeping habits.

## When to Call 911 or Go to the Emergency Room

Get help right away if:

- You see signs of severe allergic reaction such as swelling of the face or lips, hives, or trouble breathing.



## **Thank You for Choosing Us**

Thank you for trusting us with your child's care. We are here to support you and want you and your child to feel your best. Contact us with any questions.

**IF YOU HAVE A MEDICAL EMERGENCY, CALL 911 OR GO TO THE EMERGENCY ROOM.**

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.

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