



## Iron

Full term healthy babies receive enough iron from their mothers in the third trimester of pregnancy to last for the first four months of life.

- **If your baby is breastfed:** Human milk contains little iron, so infants who are exclusively breastfed are at increased risk of iron deficiency after four months of age. The AAP recommends giving breastfed infants a liquid iron supplement until iron-containing solid foods are introduced at about six months of age.
- **If your baby is partially breastfed:** The iron recommendation remains the same as that for fully breastfed babies. If more than half of the daily feeding are from human milk and the child is not receiving iron-containing complementary foods.
- If your baby is breastfed or partially breastfed, at four months of age, switch to **pediatric multivitamin with iron** (brands such as NovaFerrum Yum with iron and Mommy's Bliss baby multivitamin with iron).
- Iron does not tend to cause constipation (hard stools), but it may darken the stool color. Please call our office if you have any questions or concerns.



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