



## Vitamin D advice from the Department of Health for children from 1 to 4 years of age

For healthy bones and teeth it is important that young children have sufficient vitamin D all year round.

### A recent report has found that most young Irish children:



Get enough vitamin D through their diet and through the effect of sunlight on their skin in the summer.



Do not get enough vitamin D through their diet alone in the winter.

### Vitamin D in the winter



Make sure your child gets the vitamin D needed for healthy bones and teeth all year round.



Give them a vitamin D only supplement every day **from Halloween (31st October) to St Patrick's Day (17th March).**

### A guide to choosing Vitamin D supplements for children aged 1 to 4 years old



#### Check and choose:

- A 5 microgram (5µg) vitamin D only supplement
- A liquid supplement or drops. They are the safest form of vitamin D for children aged 1 to 4 years old.



#### Ask an expert

If you need advice in relation to vitamin D supplements check with your pharmacist or other health professional.