

# Babies need VITAMIN D for HEALTHY GROWTH and DEVELOPMENT.

It helps them build strong bones and teeth and develop a healthy immune system. Vitamin D deficiency is more common in the north. Supplementing with vitamin D helps to prevent bone development issues and chronic diseases, including cancer.

You can make sure your baby has enough vitamin D by giving them a daily supplement (a dose of drops every day). This should start as soon as your baby is born.



Government of  
Northwest Territories

## VITAMIN D

### How much vitamin D should my baby receive?

In the Northwest Territories, babies should be supplemented with Vitamin D to ensure they are receiving a total of **800 IU (20 mcg) per day, year-round**.



## How can I get an infant Vitamin D supplement?

Infant Vitamin D is covered by the Non-Insured Health Benefits (NIHB) program of Indigenous Services Canada (with a prescription) which provides clients (registered First Nations and Inuit) with coverage for a range of health benefits. It is also covered under the Metis Health Benefits Program for eligible Indigenous Métis residents of the Northwest Territories. The provider caring for you after the birth of your baby can provide a prescription for baby to access vitamin D if you are covered by either of these programs.

Infant Vitamin D is also available at most pharmacies and grocery stores (i.e., a Northern or Co-op store). It may be covered by your insurance benefit plan. It is best to call to inquire.

It's important to give your baby a supplement that is meant for babies. Read the instructions carefully to be sure you give your baby the right amount.

## Should pregnant and lactating people also take Vitamin D?

Yes, Vitamin D is important for pregnant people as well. Vitamin D helps your body absorb and use calcium from food. When you are pregnant, vitamin D helps you maintain your bones while also helping your baby to develop healthy bones and a healthy body. Vitamin D also helps support a healthy immune system and helps control blood pressure. The amount of vitamin D you get while you're pregnant will affect how much vitamin D your baby has at birth.

In the Northwest Territories, it is recommended that pregnant and lactating people should take a total of **800 IU (20 mcg) per day**.

## Who should I ask if I have questions?

Speak to your health care provider if you have questions about how much vitamin D your baby should receive. This could be at your local Health Centre or from a pharmacist or other health care professional.