Vitamin D Supplement

Babies need Vitamin D for healthy growth and development of strong bones and teeth. A daily Vitamin D supplement of 400 IU is recommended for breastfed babies starting at birth. Continue with this supplementation until your baby is receiving enough Vitamin D from their diet of solid foods.[REF-3wi]

Jaundice

Jaundice is very common in newborn babies. A yellowing of the skin and sometimes the eyes from a build-up of bilirubin will be seen, when the newborn’s liver can’t break it down fast enough. Bilirubin is a substance that comes from broken down red blood cells and is usually eliminated from the body in the stool (poop). Feeding your baby (especially breastfeeding) frequently during the first few days of life will help prevent this build-up of bilirubin, because your baby will poop more often. The breast milk will also help give the liver the energy it needs to break down the bilirubin and help eliminate it from the body in the stool. You will notice that your baby’s stool will change from a dark green colour to yellow over the first few days.[REF-3wj]