



ParentLetter

An update for parents

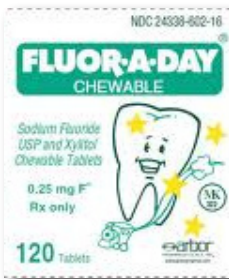
CLARKSTOWN
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WHAT VITAMINS DOES MY CHILD NEED?

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"Flintstones" or other over the counter vitamins do not contain fluoride!

Did you know that most children get all the vitamins and minerals they need from the food they eat? Kids who eat a balanced diet with fruits, vegetables, grains and healthy meats get everything they need from their food. However, there are some kids who need to take a vitamin for very specific reasons:

FLUORIDE: We do recommend that kids in Rockland County take a vitamin with *fluoride* because our tap water (drinking water) contains no *fluoride*. New York City and many areas of the county fluorinate their tap water. *Fluoride* is an important mineral that helps to prevent tooth decay and protect growing teeth from bacteria and sugars. That is why we recommend all children over 6 months take a *fluoride* vitamin once daily until all of their adult teeth have erupted (about age 13 years). Liquid *fluoride* vitamins *Tri-vi-Flor*, *Poly-Vi-Flor* (one dropper daily) or chewable *fluoride* tablets (*Poly-Vi-Fluor*, *Fluor-A-Day*, *Luride-one* tablet daily) are only available by prescription. Sixty years of study show fluoride to be safe and effective. We will prescribe them for your child at well visits.

VITAMIN D: Babies who are exclusively breastfed need to take a vitamin that contains *vitamin D*, a vitamin that helps bone growth. Even though breastmilk is very healthy for your baby, it is low in *vitamin D*. Liquid *Vitamin D* is available as *D-vi-sol* (*Vitamin D* alone) or *Tri-Vi-Sol* (which contains *Vitamins A, C, and D*).

CALCIUM: Kids need calcium for bone growth, especially teenagers going through a growth spurt. If your adolescent isn't eating 2-3 servings of calcium (milk, yogurt, cheese, ice cream), they should take a vitamin that contains calcium and vitamin D (vitamin D helps your body absorb calcium).

vegetarians: Parents of kids on a vegetarian diet need to make sure their child is getting enough vitamin D, vitamin B12, zinc and iron.

Never leave vitamins out where a child can get them. Even though they are 'vitamins' they are still medication, and overdosing on vitamins, especially ones that contain vitamins A, D, E, K or iron, can be dangerous.



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