

Vitamins and Fluoride Supplementation

If your infant is exclusively breast-fed than either Baby dDrops or D-Vi-Sol Drops will be started at two weeks of age to supplement your infant's diet with Vitamin D which may be at low levels in the breast milk of certain mothers and continued until the child is weaned from the breast. Parents who are bottle feeding should also administer these vitamin D supplements to their newborns starting at 2 weeks of age until they are consuming approximately 30 ounces or more of formula daily. When your children are toddlers it may be recommended to supplement them with a childrens MVI if they are picky eaters.

Many parents have questions or concerns about when to supplement with fluoride. Below are the current recommendations from the American Academy of Pediatrics.

Fluoride Modality	Low Cavity Risk	High Cavity Risk
Fluorinated Toothpaste	Starting at tooth emergence (Smear of paste the size of a grain of rice twice daily and after 3 years a pea-sized amount twice daily)	Starting at tooth emergence (Smear of paste the size of a grain of rice twice daily and after 3 years a pea-sized amount twice daily)
Fluoride Varnish	Every 3 to 6 months starting at tooth emergence.	Every 3 to 6 months starting at tooth emergence.
Community Water Fluorination	Yes	Yes
Dietary Fluoride Supplements	Starting at 6 months if drinking water is not fluorinated	Starting at 6 months if drinking water is not fluorinated.
Over the counter mouth rinse	Not applicable	Starting at 6 years of age if the child can reliably swish and spit.