

## **ATTENTION TO ALL BREASTFEEDING MOTHERS PREVENTING RICKETS IN BREASTFED BABIES**

### **WHAT IS RICKETS?**

It is a disease of weak bones caused by low amount of vitamin D in the body. In the Northwest, rickets is usually due to too little sunlight on a baby's skin.

### **WHO IS AT RISK?**

All babies who receive only breast milk for 6 months or more, all breastfed babies of color, premature babies, and infants weaned to vegan diets.

### **WHAT ARE THE SIGNS OF RICKETS?**

Weakness,  
unable to stand or walk,  
slow growth,  
seizures,  
irritability.

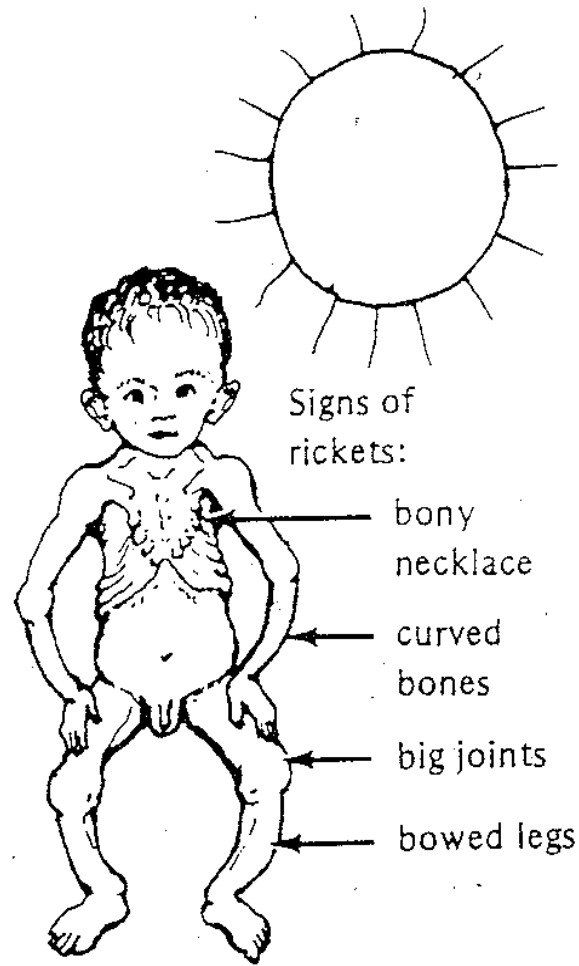
### **HOW CAN YOU PREVENT RICKETS IN YOUR BABY?**

Since sun is limited in the Northwest, Vitamin D should be given once a day for as long as you live in the Northern part of the United States.

### **HOW DO YOU GET VITAMIN D?**

Vitamin D is available at stores without a prescription. It comes in a preparation with other vitamins (vitamins A and C) called Tri-vi-sol. If you are on medical coupons, ask your doctor or WIC office for a prescription for Vitamins written as "medically necessary for exclusively breastfed infants to prevent rickets."

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