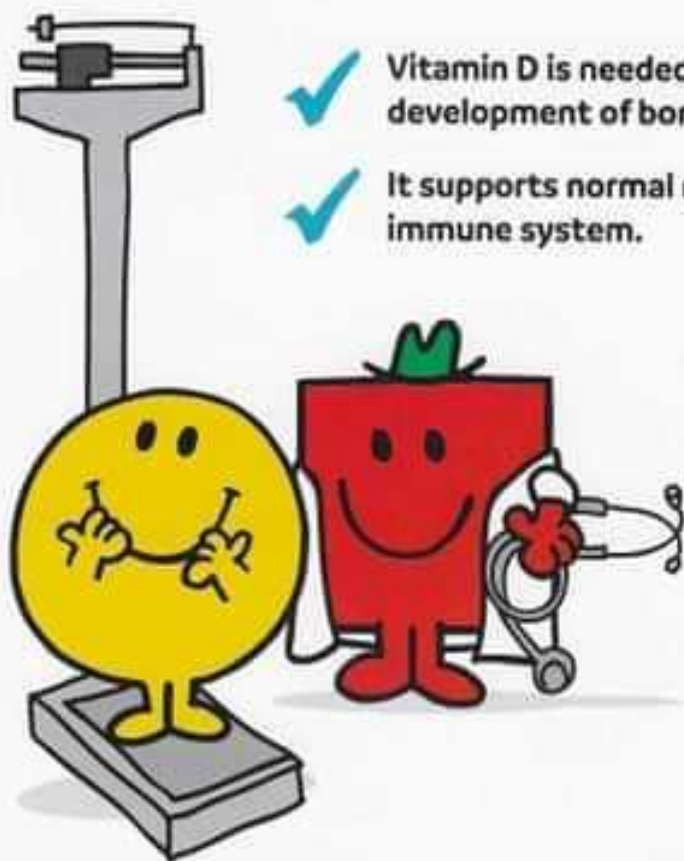


Why is Vitamin D important for children?



- ✓ Vitamin D is needed for normal growth and development of bones in children.
- ✓ It supports normal muscle function and supports the immune system.

Vitamin D occurs naturally in a few foods, such as oily fish and eggs and added to some foods, such as spreads and breakfast cereals. The best source of Vitamin D is summer sunlight on our skin. That's why you should consider a supplement in the autumn and winter if your kids don't eat enough foods that contain Vitamin D.

The latest advice from the Government is that Parents with children over the age of one should consider giving a daily supplement of 10mcg of Vitamin D, particularly during autumn and winter. Babies under 12 months need a daily 8.5mcg to 10mcg of Vitamin D unless they have more than 500ml of infant formula per day as the formula is already fortified.



Steps is the national charity working for all those whose lives are affected by childhood lower limb conditions.



Supported by:



steps-charity.org.uk haliborange.com

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