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How to give supplements

Start one supplement at a time and wait 2-3 days before you add the next one. This is just in case there is an immediate positive effect or a reaction like an allergy or abdominal pain – so you know which supplement caused this. Start with a small amount like a sprinkle of a powder or 1ml of a liquid and increase over a few days to the full dose.

You can mix powders in a teaspoon of water, a small amount of juice, smoothie, fruit puree, or the first spoon of a meal. Don't mix supplements into a full plate of food, as your child may not finish it.

Make it fun and don't stress yourself or your child out.

Never force a child to take supplements (if it is too difficult and stressful we can use creams and skin patches for some of the supplements).

Try making a game of it and role play supplement taking with a doll or teddy bear or another toy. Let your child be the person giving the supplements to their toy.

If your child will not take the supplements from a spoon or small glass, you can fill a syringe and have the child push the supplements into their own mouth.

You can make ice popsicles with some of the supplements, for example multivitamin, zinc, magnesium, vitamin C, and omega 3 oils, but not probiotics.

You can mix the morning supplements together; and also the evening ones, but do not combine morning and evening supplements in one.

Give iron with vitamin C rich foods or drink, for example mix it into a teaspoon of fruit puree. Do not give iron with calcium rich foods like dairy, as the calcium will bind the iron.

Here is a good website on how to teach your child to swallow pills.

I recommend using (frozen) peas or pieces of corn instead of lollies for the practicing:
<http://research4kids.ucalgary.ca/pillswallowing>

Stop the supplements for 3 days before you do a blood test.