

News Notes To Parents

Purdue University Cooperative Extension Service

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Does My Child Need A Supplement?

BY: Esther Ellis, MS, RDN, LDN Published: September 28, 2021

Vitamins and minerals are important for healthy growth and development in children. Children who eat a well-balanced diet usually do not need a vitamin or mineral supplement. However, some children are at risk for deficiencies and may need a supplement.

When to Supplement.

Children who follow vegetarian or vegan diets may need to supplement with vitamin B12 since it's only found in animal-based foods. Children who have celiac disease are at a higher risk for nutritional deficiencies and may need supplements. Additionally, children who have a poor appetite, take certain medications or have chronic medical conditions that interfere with intake may need a supplement.

Important Considerations.

Parents should strive for a well-rounded diet to ensure their child meets the daily recommended vitamin and mineral intakes. A balanced diet includes dairy or fortified soy milk or yogurt, fruits and vegetables, whole grains and protein foods such as poultry, fish, eggs, nuts and legumes including beans and lentils. While all vitamins and minerals are important for growth and development, some are especially critical for children. [Such as iron, calcium, and vitamins D, A & B] . . .

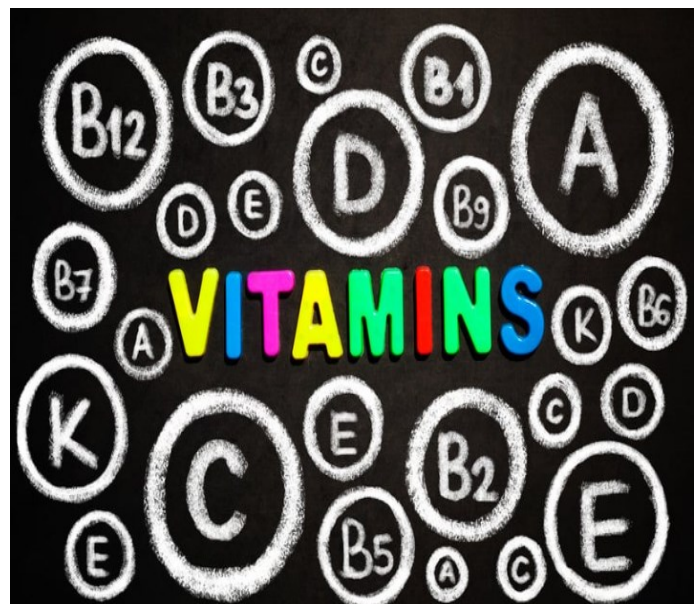
Seek Advice First.

Discuss supplements with your child's health care provider before giving them to your child. Taking large amounts of vitamins that exceed the recommended daily amount can be toxic and lead to symptoms such as nausea, headaches or diarrhea. Always store supplements out of reach from children. Thousands of people are taken to the emergency room each year after taking dietary

supplements, including children who have taken supplements unsupervised. Supplement bottles are not required to have child-proof lids. In addition, supplement ingredients are not as closely monitored as prescription drugs by the Food and Drug Administration, so always practice caution when supplements are in the home with small children. While there are circumstances when supplements may be needed, getting vitamins and minerals through food and drink should be the goal for growing children. If you feel your child may need a supplement, consult their health care provider.

Source: Academy of Nutrition and Dietetics
www.eatright.org

For the FULL article, go to Academy of Nutrition and Dietetics, <https://www.eatright.org/health/essential-nutrients/supplements/does-my-child-need-a-supplement>



Making Cents of the Season: Helping Kids Learn about Money

Teaching Kids About Money During the Holidays

The holiday season is full of excitement and a perfect opportunity to teach children meaningful lessons about money. Between gift giving, family gatherings, and special treats, kids see a lot of spending this time of year. Helping them understand the value of money early on can build lifelong skills in saving, sharing, and thoughtful spending.

Start by talking about where money comes from and how families make choices about how to use it. You might say, “We have a certain amount to spend on gifts, so we’ll make a list and set a budget.” Let your child help plan, perhaps they can choose a gift within a specific price range or compare prices while shopping. These small steps teach them that money is limited and that planning helps make it go further.

Here’s a fun family activity:

Create three jars or envelopes labeled **Spend**, **Save**, and **Share**. When your child receives holiday money, an allowance, or earns a little cash from helping around the house, help them divide it among the jars. The **Spend** jar can be used for something they want right away, like a small toy or treat. The

Save jar is for something bigger they’d like to buy later, such as a special outing or new game. The **Share** jar is for helping others, buying a toy for a local holiday drive, donating to a food pantry, or surprising a neighbor with cookies. This simple, hands-on activity helps children understand that money has different purposes, and that saving and giving can feel just as good as spending.

To make it even more meaningful, share your own examples. Talk about how you plan your holiday budget or choose when to save versus spend. Kids learn best by watching adults, so involving them in real conversations and choices makes a lasting impact. By weaving money lessons into your holiday traditions, you’ll help your child learn to manage money thoughtfully, and to see the joy that comes from both giving and saving. Those are gifts that last well beyond the season!

Resource:
(OpenAI, 2025)
Photo resource:
pexels.com



Healthy Snacks on the go!

With all the busy holidays events coming up its important to have healthy snacks ready, especially for little ones! Here are a few tips to keep little tummy's happy, while not over indulging in holiday sweets.

- Use ice packs in the diaper bag to keep items cold on long busy shopping days.
- Have child friendly “Grazing Boards” and “snackle boxes” filled with fruits, veggies and cheese for little ones to help themselves.
- Take the time to make ordinary snacks more “festive” with holiday cups and containers.

- Try to include lots of good protein items like peanut butter and cheese to make the snack more filling.

And don't forget, it's the holidays! Sweet treats are everywhere and its ok to enjoy some. Just set up fun, healthy eating strategies for the whole family!



Credit: Purdue Extension Noble
Photo: Canva

Abigail Creigh, Health & Human Sciences Educator Creigh@purdue.edu

www.extension.purdue.edu/Noble

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