

Tips for Feeding Your Baby

- **Always** check the temperature of the formula immediately before offering to your baby by dripping a little onto the inside of your wrist. It should feel lukewarm, not hot. If it still feels hot, cool more before feeding.
- Hold the baby close during feedings.
- Never put the baby to bed with a bottle, prop the bottle, or leave the baby alone with the bottle. This could cause choking, spitting up, ear infections or tooth decay.
- You can warm the bottle in a small bowl of warm water and then shake it. Do not microwave bottles. Hot spots may burn the baby's mouth.
- You may have to try different types of bottles or nipples to see what works best for your baby.
- Keep the baby's head higher than their chest.
- Burp the baby frequently to bring up air that he may have swallowed. Bottle-fed babies should be burped after each ounce of milk consumed.
- Keep your infant safe by storing formula in a dry place.
- Do not keep formula at room temperature for more than one hour. Throw out any formula left in the bottle after feeding the baby.
- Infants' stomachs are very small. Feed only the amount recommended by your pediatrician.

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A Parent's Guide to Infant Formula



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Getting Ready

Keep your bottles and nipples clean

- Wash all bottles, nipples and rings in hot, soapy water and rinse well.
- Follow the manufacturer's instructions for sterilizing bottles and nipples.
- It is a good idea to place washed bottles, nipples and rings in boiling water for five minutes or wash them on the top rack of the dishwasher until your baby is three months old.

Use safe water for mixing formula

- You may use any type of clean water to mix formula: tap or bottled.
- If using tap water, use cold water. Allow the faucet to run for two minutes first.
- If you are concerned about the safety of your tap water supply, you may boil it for one to two minutes and allow it to cool first.

Wash your hands thoroughly before preparing formula.



Formula Types

Ready-to-Feed

Ready-to-feed formulas are convenient, but can be expensive. To prepare ready-to-feed formula:

- Wash your hands.
- Clean and prepare bottles, nipples and rings.
- Wash the top of the formula can with soap and water and rinse well to remove dirt. Also, wash the can opener with soap and water.
- Shake the can well before opening.
- Pour the amount of ready-to-feed formula for one feeding into a clean bottle. Do not add water or any other liquid.
- Attach nipple and cap. Shake well.
- If mixing more than one bottle at a time, label each bottle and refrigerate. Use within 48 hours. To warm bottle, hold under, or submerge in warm water. **Do not microwave.**

Concentrate

Formula made from concentrate is made by mixing equal amounts of concentrate and water. Follow the directions on the label exactly. Too much or too little water alters the nutritional value of the formula.

- Wash your hands.
- Clean and prepare bottles, nipples and rings
- Wash the top of the can with soap and water and rinse well to remove dirt.
- Wash the can opener with soap and water.
- Shake the can well before opening.
- Pour the desired amount of formula into the bottle (use the bottle's ounce markings as guide), then add an equal amount of clean water.
- Attach nipple, ring and cap and shake well. Feed infant.
- If mixing more than one bottle at a time, label each bottle and refrigerate. Use within 48 hours. To warm bottle, hold under, or submerge bottle in warm water. **Do not microwave.**



Powdered

Powdered formula is the least expensive option. It requires the mixture of a set amount of powder and water.

NOTE: Powdered formula is **not sterile**. It may contain bacteria that can be harmful for some babies. Boil your clean water (even bottled water) for 1 to 2 minutes before mixing with powdered formula. It is important that your water is more than 70°C (158°F) for mixing to kill the harmful bacteria. You will need to boil the water then allow it to cool to 70° C (158°F).

- Wash your hands.
- Clean and prepare the bottles, nipples and rings.
- Wash and dry the can and the plastic lid.
- Follow manufacturer's instructions on the formula can exactly. Measure the desired amount of water and pour into the bottle. Then, add powdered formula using the scoop provided.
- Shake the bottle gently.
- It is better to prepare each bottle of powdered formula right before feeding the baby.