

## Information for new families

# Formula Feeding



Infant formula is usually manufactured from cow's milk, but can also be made from soy or goat's milk. There are special milks for infants who have allergies and for premature infants. Stay with a cow's milk based formula unless your physician recommends something else.

Do not use whole cow's milk until your infant is over 12 months of age. Never microwave infant formula; it can contain hot spots that can burn your baby and degrade some of the nutrients.

### **Powdered Infant Formula**

This is the least expensive of the types of formula, however it is the most time consuming to prepare. Powdered formula is not sterile; the water, bottles, and teats used all must be boiled.

- ✓ Wash your hands and clean the preparation area
- ✓ Wash the bottles and nipples and boil for 10-15 minutes
- ✓ Boil water for the formula and allow to cool to about 70° C or 158° F (this takes less than 30 minutes)
- ✓ Measure and pour the hot water into a feeding bottle
- ✓ Add the amount of formula powder as recommended on the package to the hot water
- ✓ Cap and shake gently or swirl
- ✓ Check the temperature of the liquid on your wrist
- ✓ You can prepare feedings for the day, at one time
- ✓ Feed immediately or refrigerate for up to 24 hours

### **Concentrated Liquid**

This must be diluted before feeding.

- ✓ Wash your hands and clean the preparation area
- ✓ Measure the water into a feeding bottle or measuring cup
- ✓ Then add the liquid as recommended on the package
- ✓ Cap and shake
- ✓ Check the temperature and warm if needed
- ✓ Feed immediately or refrigerate for up to 48 hours

***Always discard any milk left in the bottle at the end of the feeding!***

### **Ready To Feed**

This is the easiest type of formula to prepare and can be stored at room temperature. However, it is the most expensive.

- ✓ Wash your hands
- ✓ Open the bottle and screw on the cap
- ✓ Warm to feeding temperature if desired
- ✓ Feed immediately or refrigerate for up to 48 hours

### **Side Effects**

Occasionally babies become constipated or experience abdominal discomfort or colic. Discuss changing brand of formula with your primary care-giver.

### **Always hold your baby**

Never prop your baby during feedings or use a bottle holder. Remember, feeding on cue, eye-to-eye contact and holding the infant closely are essential practices. Feeding time is a social time and your baby will enjoy your cuddling and talking.

Hold your baby almost upright and the bottle almost horizontal so gravity does not overwhelm your baby with a fast flow of milk. Observe your baby for signs of too fast or too slow flow. Instruct anyone else who feeds your baby in these feeding techniques.

