

Feeding your baby is an important job. Bottlefeeding is a wonderful time for nurturing your baby.

BEFORE YOU FEED YOUR BABY...

- Check the expiration date on the can. Never buy or use out-of-date formula.
- Always wash your hands before preparing formula.
- Wash the can top and open with a clean can opener.



MAKING THE FORMULA...

POWDERED FORMULA	CONCENTRATE FORMULA	READY-TO-FEED FORMULA
<p>For 2 ounces of formula:</p> <ol style="list-style-type: none"> 1. Put 2 ounces of water into a clean bottle. 2. Add 1 scoop of powder. 3. Put on the nipple. 4. Shake well. 5. The powder does not need to be refrigerated until it is mixed with water. 	<p>For 2 ounces of formula:</p> <ol style="list-style-type: none"> 1. Put 1 ounce of water into a clean bottle. 2. Put on the nipple. 3. Add 1 ounce of concentrate and shake well. 4. Refrigerate the opened can and use within 48 hours. 	<p>For 2 ounces of formula:</p> <ol style="list-style-type: none"> 1. Shake well before opening. 2. Put 2 ounces of ready-to-feed formula into a clean bottle. 3. Put on the nipple. 4. Refrigerate the opened container and use within 48 hours.

REMEMBER!

- ✓ Adding more water than the can says will make the formula too weak and your baby will not get proper nourishment.
- ✓ Formula left from a previous feeding should be thrown out. It may contain bacteria which could harm your baby.
- ✓ Adding sugar, salt, honey, karo syrup, or anything else to the formula can be harmful to your baby.
- ✓ Adding cereal to the bottle can cause the baby to become overweight or can lead to choking.
- ✓ Sometimes the water added to formula needs to be boiled to make it safe. Please ask your health care provider what is best for you and your baby.

WARMING THE BOTTLE...

To warm the bottle, place in warm water or under warm running tap water. Using a microwave to heat the formula may breakdown important nutrients and create hot pockets leading to burns. Test the formula temperature with your wrist.

DURING THE FEEDING...

- Relax and hold your baby close. Look at and talk to your baby. Your baby feels your love.
- Be sure the nipple is filled with formula before putting it into your baby's mouth so that he/she will get less air.
- Propping the bottle or leaving your baby alone during a feeding could lead to choking.
- Your baby is full when he/she stops eating and his/her body feels relaxed. Don't force your baby to finish the bottle.

BURPING YOUR BABY...

Babies get fussy when they swallow air during feedings. To prevent a tummy full of air, burp your baby frequently using these techniques:

- Hold your baby over your shoulder. Pat or gently rub your baby's back lightly until your baby burps well.
- Lay your baby across your lap, stomach down, and rub or pat his/her back until he burps.
- Place your baby upright, lean her weight forward against the heel of your hand, and pat or rub her back.
- During the first week or so try burping every ½ ounce.
- As your baby grows and takes more formula she will burp less.



CARING FOR BOTTLES AND NIPPLES

- Bottles and nipples can be washed in the dishwasher or with hot, soapy water.
- New bottles, nipples and rings should be sterilized in a pot of boiling water for 5 minutes.



For more information, visit these websites:

www.wichealth.org
www.babycenter.com
www.americanbaby.com



Bottlefeeding Guidelines



1-800-432-4121
nwhealth.org



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