

# Formula Preparation and Use

## Cleaning Bottles and Nipples

- Clean new bottles and nipples before using them for the first time by putting them through a dishwasher cycle or boiling them if a dishwasher is not available.
- It's important to keep bottles and nipples clean to prevent the growth of harmful bacteria.
- After each use, take apart the bottle and nipple pieces and clean thoroughly in hot, soapy water.
- Use bottle and nipple brushes to clean areas that are hard to reach.
- Rinse well with hot water or put through a dishwasher cycle on the top rack.
- Dry items on a clean drying rack or paper towel.

## Mixing and Storing Formula

- Check the expiration date on the formula container. Do not use if the formula has expired.
- Wash the top of the can before opening.
- Wash your hands with soap and water.
- Wash and rinse your work area, bottles, nipples and any utensils you'll use before mixing the formula.
- Formula comes in three forms—powder, ready-to-feed and liquid concentrate. Follow the directions on the label exactly for the form you've chosen.
- The World Health Organization (WHO), Centers for Disease Control (CDC) and Federal Drug Administration (FDA) recommend that all water be boiled before mixing with powder infant formula. This is especially important if you are using well water. Allow the water to cool slightly before mixing. This method will destroy any bacteria that may be in the water or the powder formula. Use caution to avoid burns.
- Make only enough formula for 24 hours. Immediately refrigerate any opened ready-to-feed formula or any formula you have mixed for later use.
- Put only the amount needed for one feeding in each bottle. Any formula left in the bottle after your baby is done feeding must be discarded after an hour.

## Warming a Bottle

- Warming your baby's bottle is optional. See if your baby likes it better warmed or at room temperature.
- Never use a microwave to warm a bottle. It can heat unevenly and burn your baby's mouth.
- Bottles can be warmed by placing them in a bowl of warm water, under warm running water or in a commercial bottle warmer.
- Always test the temperature of the liquid by sprinkling some on the inside of your forearm before giving the bottle to your baby.



# Formula Feeding

## Formula Feeding Techniques

- Hold your baby at a 45-degree angle in your arms to prevent him from getting too much air while he is sucking.
- Hold your baby close. Feeding time is a special time for you and your baby to relax and bond. Talk or sing to your baby and look into his eyes.
- Alternate the arm you use to cradle your baby when feeding. You can change sides from right to left in the middle of a feed or you can switch sides with each feeding. This will help your baby's eye development and coordination.
- Burp your baby halfway through the feeding and at the end of each feed.
- Watch your baby for feeding cues. He is finished eating when he is not rooting or smacking his lips, loses interest in sucking or turns away from the bottle.
- Never prop a bottle instead of holding it. Propping your baby's bottle can:
  - Cause your baby to choke
  - Cause tooth decay
  - Put your baby at a higher risk for ear infections

## How to Tell if Your Baby Is Getting Enough to Eat

- Your baby's doctor will recommend the amount your baby should eat at each feeding and how often (usually approximately 1½ to 3 ounces every two to four hours). This amount will increase as your baby gets older and during growth spurts.
- Your baby should have at least one bowel movement a day.
- Your baby should have at least six wet diapers with pale yellow urine per day by the sixth day of life.
- Your baby should seem calm and satisfied between feedings.
- Your baby should regain their birth weight within 10 to 14 days and gain 4-7 ounces a week for the next couple of months.

