



Helpful Hints for Bottle Feeding

Feeding Your New Baby

If you decide not to breastfeed, feed your baby iron-fortified formula.

Play it safe! When making up bottles:

- ❖ Wash your hands.
- ❖ Scrub bottles, nipples, rings and caps with a bottle brush in hot, soapy water. Sterilize them in boiling water for five minutes. Let air dry.
- ❖ Use clean equipment (can opener, measuring cups, etc.)
- ❖ Follow the directions on the can of formula exactly. Ask your health department if you need to boil your water or use bottled water.
- ❖ Use formula before its expiration or "use by" date.
- ❖ Store opened liquid formula covered and in the refrigerator. Use it within 48 hours.
- ❖ Don't freeze formula.
- ❖ Refrigerate formula bottles. Never leave bottles of formula sitting out more than two hours.
- ❖ Throw away any formula left in a bottle more than an hour after feeding.
- ❖ To warm a bottle, set it in warm tap water a few minutes. Do not use a microwave. "Hot spots" in microwaved formula can burn a baby.

When going out, you could...

- ❖ Carry water bottles. Add powdered formula to make bottles as needed.
- ❖ Pack formula bottles in an insulated cooler with a freezer pack(s).
- ❖ Buy ready-to-feed 6 ounce cans. (This can be very expensive.)

How much and when to feed Baby?

Feed your baby when he seems hungry, not by a schedule. Younger babies take smaller amounts, but eat more often than older babies, perhaps eight or more times a day. When your baby seems full, let her stop. Don't force the last ounce or two just to finish the bottle.

Hold your baby when feeding.

Don't prop a bottle or put a bottle in bed with your baby. It is not safe and can cause tooth decay and ear infections.

Make it a special time for both of you.

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