

Bottle Feeding

- ✿ Breast milk or formula are an infant's major source of nutrients until about nine months of age. Solid food can be introduced at six months.
- ✿ Infant formulas come as "Ready-to-Feed", "Concentrated Liquid", or "Powder". Follow the directions on the label exactly. The directions give the right strength for the proper health, growth and development of your baby.
- ✿ Follow-up formulas are for babies older than 6 months. They do not have all the nutrients as starter infant formula.
- ✿ Iron-fortified infant formula is recommended to prevent iron deficiency anemia. Discuss with your health care provider before using other formulas.
- ✿ Babies should stay on formula until 9-12 months old.
- ✿ Formula contains all the vitamins needed. No need for extra vitamins or minerals.
- ✿ Babies have times when they grow faster. Growth spurts occur at about 3 and 6 weeks and 3 months. Give more formula, not solid food.
- ✿ Different formulas are available for special situations (eg. prematurity, allergies). Consult with your baby's health care provider or dietitian.
- ✿ Whole-fat, homogenized cow's milk should be introduced at 9 to 12 months in infants with no allergy to dairy products. If you need to or wish to choose an alternative milk substitute, consult your baby's health care provider or dietitian. Almond milk, goat's milk and rice milk are not equivalent to cow's milk.



DO NOT USE:

- Almond Milk
 - Evaporated Milk
 - Goat's Milk
 - Rice Milk
 - Soy Milk
- for your baby until he/she is at least two years old.

Feeding Guide (for a 24 hour period)

Age	# of feedings in 24 hours	How much per feeding	Total volume per day
Birth - 1 month	6-10	3-4 oz. (90-125 ml)	12-30 oz. (360-900 ml)
1 - 2 months	6-8	4-5 oz. (125-150 ml)	24-40 oz. (720-1200 ml)
2-4 months	5-6	5-7 oz. (150-200 ml)	25-40 oz. (750-1200 ml)
4-5 months	5-6	5-6 oz. (150-175 ml)	25-36 oz. (750-1080 ml)
5-6 months	5-7	5-6 oz. (150-175 ml)	27-42 oz. (810-1260 ml)
6-8 months	4-5	6-7 oz. (175-200 ml)	24-32 oz. (720-960 ml)
8-12 months	3-4	6-8 oz. (175-250 ml)	24-28 oz. (720- 840 ml)

How to Make Formula

It is very important to prepare formula according to directions. Using too much or too little water can make your baby sick.

Clean and sterilize bottles, nipples, rings and caps:

- (1) wash bottle parts well in hot soapy water and pay special attention to the insides of bottles and nipples
- (2) rinse them well
- (3) sterilize by boiling in a clean, uncovered pot for five minutes

In most cases, you can stop boiling the water and sterilizing the bottles after your baby is about four months old. Wash bottles well.

If you have concerns about your water supply or if you have a well, check with the Huron County Health Unit about using this water for your baby.

Do Not Microwave Formula

The hot spots could burn your baby's mouth.

Throw Away

Throw away leftover formula at the end of feeding. Don't keep it for next feeding.

Powder Formula

- ❁ Wash your hands.
- ❁ Boil water in a pot for 2 minutes at a rolling boil. Let it cool for 30 minutes.
- ❁ Pour the amount of boiled, cooled water needed for each feeding into sterilized bottles.
- ❁ Add the correct number of level scoops of powder to the water. The scoop comes with the formula. Be sure to read the directions on the can.
- ❁ Place the nipples and caps on the bottles. Shake well to mix. Place in the fridge right away. Use formula within 24 hours.



Concentrated Liquid Formula

- ❁ Wash your hands.
- ❁ Boil water in a pot for 2 minutes at a rolling boil. Let it cool for 30 minutes.
- ❁ Wash the top of the formula can. Shake the can well and open. Pour into the clean container. Add an equal amount of boiled cooled water. Stir.
- ❁ Pour into sterilized bottles. Add nipples and caps. Place in fridge right away. Use formula within 24 hours.



Warming your baby's bottle

- ❁ Some babies prefer formula at room temperature, others like it cool. Either way is fine.
- ❁ Warm formula by heating the bottle in a bowl or saucepan of hot water. Always test heated milk on your wrist. It should feel just warm.