

When You Feed Me Formula

A helpful guide to feeding your baby formula.



Getting ready

Keep my bottles and nipples clean

- Wash my bottles, nipples, and rings with a bottle brush in hot soapy water. Rinse well.

Until I am 3 months old:

- After you wash my bottles, nipples, and rings, put them in boiling water for 5 minutes **or** wash them on the top rack of the dishwasher. Let them cool.



Use safe water for mixing my formula

- Use **cold** tap water or bottled water. Hot tap water could have lead in it.

Until I am 3 months old:

- Boil the water on the stove for **only 1 minute**. Let it cool to room temperature.

How to mix my formula

Wash your hands first. Make sure the can opener is clean.



Powder

- 1 Before you open the formula can, **rinse** and **dry** the can and the plastic lid.
- 2 **Measure** the water and put it in my bottle **first**. For every 2 ounces of water in the bottle, **add 1** level scoop (not packed) of powdered formula.
- 3 **Shake** the bottle gently or stir.
- 4 It's better to mix each bottle of powdered formula right before feeding me.



Concentrate

- 1 Before you open the formula can, **shake** it, **rinse** it, and **dry** it.
- 2 **Pour** the can of formula into a clean container.
- 3 **Fill** the can with water and **add** it to the formula in the container.
- 4 **Mix** and **pour** into bottles.
- 5 **Or** you can **mix** equal amounts of concentrated formula and water in my bottle.

Warning:

Add the right amount of water! Too much water or not enough water is dangerous for me! I could get very sick or not grow well.

Keep my formula safe

- Keep the can of powdered formula in a cool, dry place. Keep concentrated formula in the refrigerator after mixing.
- After mixing my formula, feed me right away or keep it in the refrigerator. After 24 hours, throw it away.
- Do not keep formula at room temperature for more than 1 hour. Throw out formula left in my bottle after you feed me.
- **Only put formula or breastmilk in my bottle.** Do not put cereal, baby foods, honey, juice, or other liquids in my bottle.



How to feed me

Hold me close

- **Always** hold me close to you when you feed me. I need love, closeness, and attention.
- Hold me while I drink, even if I can hold my bottle by myself.
- Never put me to bed with my bottle, prop my bottle, or leave me alone with it! I could choke, spit up, get ear infections, or get tooth decay.



Keep me comfortable

- You can warm my bottle in a small bowl of hot water, then **shake it**. **Do not heat my bottle in the microwave!** Hot spots can burn my mouth.
- Make sure the nipple hole is the right size. When you hold my bottle upside-down, the formula should drip out at about one drop per second.
- You might need to try a different type of bottle or nipple to see what works best for me.



- Keep my head higher than my chest. Tilt my bottle up so the nipple stays full of formula. Let me stop sucking often to take a break.
- Burp me during every feeding. This brings up the air that I have swallowed.

Do NOT prop my bottle!



Which type of baby bottle is the best?

The best bottles are either:

- Glass or
- Flexible, milky-colored plastic (polyethylene or polypropylene).



Avoid clear, hard plastic bottles marked with a 7 or “PC” (polycarbonate) on the bottom. Throw out my bottles when they get old and scratched.

How much to feed me

My stomach is very small (about the size of my fist). I need you to feed me often but only in small amounts.

- Never force me to finish my bottle. I could get a stomach ache, vomit, or gain too much weight.
- When I am full, I will stop sucking, turn my head away from the bottle, or fall asleep.
- It is normal for me to spit up a little formula. If I spit up a lot after every feeding, talk with the doctor or the WIC counselor.



I will drink about this much formula each time:

Birth to 2 months:	2 to 3 ounces
2 to 4 months:	3 to 4 ounces
4 to 6 months:	4 to 6 ounces
6 to 8 months:	6 to 8 ounces
8 to 12 months:	4 to 6 ounces

I will not always drink the same amount of formula at each feeding.

WIC may not provide all the formula that your baby needs, especially after your baby is 6 months old. This handout applies only to healthy, full-term babies who drink regular formulas, not special or therapeutic formulas.



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