When You Feed Me 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.
**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.