

BOTTLE FEEDING

YOUR BABY



Feeding is a special time to bond with your baby and help them grow in a healthy way. Follow these tips for successful bottle feeding:

FOLLOW YOUR BABY'S LEAD

Feed your baby on demand when they are hungry, not on a schedule. Baby will show you when they want to drink, are ready for a break, and are full. Watch for cues.

SIGNS THAT BABY MIGHT BE HUNGRY:

- Keeps hands near mouth
- Makes sucking noises
- Bends arms and legs
- Puckers lips
- Searches for the nipple

SIGNS THAT BABY MIGHT BE FULL:

- Sucks slower or stops sucking
- Relaxes hands and arms
- Turns away from nipple
- Pushes away
- Falls asleep

Baby is growing fast and has a tiny tummy, so will get hungry a lot. Here is how much baby may be eating at different ages:

Birth: Baby will eat 8 to 12 times in 24 hours. A tummy can hold about 1 to 2 ounces at a time. The amount of formula increases as baby grows and is able to take more at a feeding.

2 months of age: Baby will eat 6 to 8 times in 24 hours. A tummy can hold about 2 to 3 ounces at a time. Baby will gradually increase feeding amounts. They will let you know.

4-5 months of age: Baby will eat 6 to 8 times in 24 hours. A tummy can hold about 4 to 6 ounces at a time. Hold your baby while feeding.

6 months of age: Baby will eat 4 to 6 times in 24 hours. Baby will take less formula as they start to eat food.

Do not prop the bottle or add cereal to the bottle. This can cause choking or overeating.



PREPARE FORMULA CAREFULLY

- Do not buy or use expired formula.
- Read all instructions to mix formula correctly.
- Keep everything clean, including the area where you prepare formula and the top of the can. Wash your hands before preparing formula.
- Wash bottles, nipples, and rings with a bottle brush in hot, soapy water or use the dishwasher. Sterilize new bottles, nipples, and rings by boiling in water for 5 minutes. Air dry.
- Use safe water, tap or bottled, for mixing formula. If you have well water, have it tested for safety.
- If you use tap water, run cold water for 2 minutes before using it. This will clear out any water that sat in pipes overnight.
- Ask your health care provider if it is necessary to boil water for formula preparation. If you choose to boil, follow these steps:
 - Bring water to a rolling boil for one minute, then turn off heat.
 - Let water cool to room temperature before adding formula.
- Refrigerate prepared formula until you need it. Formula made from powder may be refrigerated up to 24 hours. Formula made from concentrate may be refrigerated up to 48 hours.
- Fill the bottle with the amount of formula you think your baby will drink. After feeding, throw away the formula after one hour.

WARM THE BOTTLE CORRECTLY

- Formula does not need to be warmed. If you warm formula, set the bottle in a bowl of warm (not boiling) water or hold under warm tap water.
- Sprinkle a few drops of formula on the inside of your wrist to make sure it is not too hot.
- Never use a microwave to heat a bottle. Microwaves cook unevenly and the milk can get too hot!

