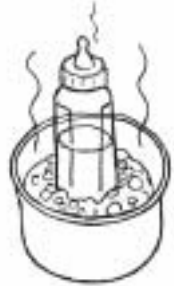


How to feed formula to a baby

1



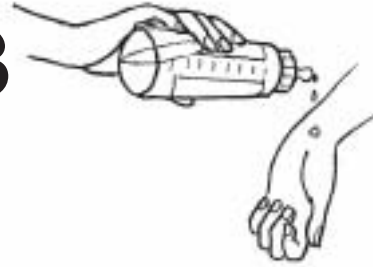
Warm bottle of formula in hot water.

2



Shake bottle well.

3



Always test on wrist. Let cool if too warm.

4



Formula should come out of bottle about 1 drop per second.

5



Always hold your baby when giving a bottle.

6



Keep bottle tilted up so nipple is full of formula.

7



Burp baby as needed.

8



Throw away formula that baby does not drink within 1 hour.

9



Rinse bottle and nipple right after every feeding.

- Sterilize nipples and bottles before each use
- Do not warm bottles in the microwave
- Never put your baby to bed with a bottle

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For more information
call
PEI Reproductive Care
Program
(902) 368-4952

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How to sterilize equipment

Follow these steps to keep your baby's formula safe
Sterilize formula equipment until your baby is at least 4 months old

What you need



Large pot with lid



Nipple brush and
bottle brush



- Tongs • Can opener
- Glass measuring cup
- Fork if using powdered or liquid concentrate formula
- Knife if using powdered formula



- 6-8 bottles
- 6-8 nipples
- 6-8 caps
- 6-8 rims

or



If using a disposable system

- 6-8 liner holders
 - 6-8 rims
 - 6-8 caps
 - 6-8 nipples
 - 1 roll of disposable liners
- Throw out liners after one use.
Throw out nipples when they become soft and sticky.

*Note: If using disposable bottles, sterilize only nipples, rims and caps.

Steps

1



Wash hands with soap.

2



Wash all items in warm soapy water.

3



Make sure holes in nipples are not clogged.

4



Rinse well.

5



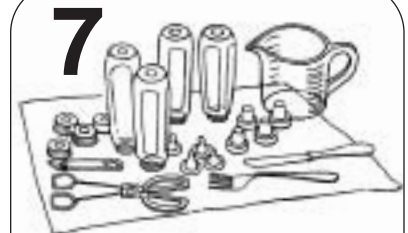
Put items in a pot.
Cover with water.

6



Cover pot.
Boil for 5 minutes.

7



Remove items with tongs.
Set on a clean paper towel to cool.

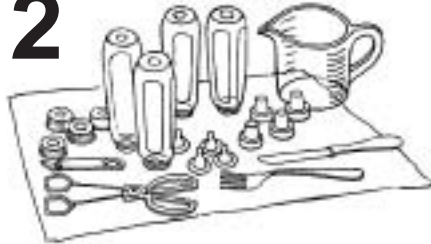
How to prepare ready-to-feed infant formula

1



Wash hands with soap and water.

2



Have sterilized items ready.
(See How to sterilize equipment)

3



Wash top of can with very hot water.

4



Shake can.
Open with sterile can opener.

5



Pour amount of formula for 1 feeding into each bottle.
DO NOT ADD WATER.

6



Pick up nipples, rims and caps with sterile tongs and put on bottles.
Then tighten with your hands.

7



Put bottles in refrigerator.
Use within 24 hours.

8



Tightly cover open can and put in refrigerator. Use within 24 hours.



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Tips for using infant formula

Formula comes in 3 forms

- Powder
- Liquid concentrate
- Ready-to-feed

Instructions are different for each kind of formula. Be sure to read the directions on the label.

Give your baby iron fortified infant formula.

Check the cans of formula

- Check “use by” dates on the can. Do not use after that date.
- Make sure the cans are clean and have no dents.

Tips for mixing formula

- Be sure to wash your hands before you start.
- Wash the top of a liquid formula can before you open it.
- Make sure the counter top is clean and dry, and all your equipment has been sterilized.
- Be sure to read the directions on the label and measure

carefully. It could harm your baby if you add too little or too much water.

- Fill the bottles with about 30 mL (1 ounce) more than your baby usually drinks.
- Make just enough bottles to last 1 day.

What about the water I use to mix formula?

- Use water from the cold water tap. Until your baby is 4 months old, boil the water for 2 minutes.
- If you have an electric kettle that switches off as soon as the water boils, boil the water in a pot. Be sure the water boils 2 minutes.
- Let the water cool before you add it to powder formula or liquid concentrate.
- Do not use carbonated water or mineral water for your baby’s formula.

Storage

- Use prepared bottles within 24 hours.
- Open cans of powder formula should be kept covered with

the lid. Use within one month.

- Keep open cans of ready-to-feed or liquid concentrate in the refrigerator. Use it within 24 hours after opening.
- Do not freeze any kind of infant formula. Freezing changes the fat in infant formula.

How to warm your baby’s bottle

- Put the bottle of formula in hot water for a few minutes, or hold it under warm running tap water. Test the temperature by putting a few drops on your wrist.
- Do not heat bottles in the microwave oven.

Giving formula to your baby

- Always hold your baby when giving a bottle.
- Be sure the hole in the nipple is the right size. When you hold the bottle upside down, about one drop per second should come out.
- Hold the bottle so the nipple is always full of formula.

- Never force the nipple into your baby’s mouth.
- Your baby has had enough formula when his sucking slows, he turns his head away, or he falls asleep.
- Throw out formula left in the bottle within one hour after feeding begins.
- Do not put your baby to bed with a bottle.

Changing formula?

- Talk to your baby’s health care professional.

Going away from home?

- Boiled water from home can be stored in a tightly closed sterilized container for 2–3 days in the refrigerator or 24 hours at room temperature.
- If you are unsure about the safety of the water where you will be visiting, ask your health care professional.

If you have any questions about your baby call your health care provider or your local public health nurse.

How to prepare powdered infant formula



Run cold water for at least 2 minutes.
Boil water for 2 minutes.
Let it cool to lukewarm.



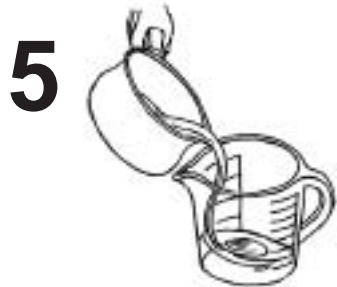
Wash hands with soap and water.



Have sterilized equipment ready.
(See How to sterilize equipment)



Read the label. It will tell you how
much powder and water to use.



Pour water into empty glass
measuring cup.



Fill scoop from can with powder.
Level with a knife.



Add the required number of
scoops of powder.



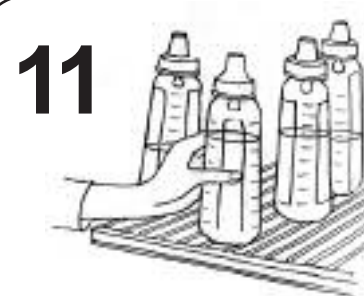
Mix well. There should be no
lumps of powder.



Pour formula into bottles.



Pick up nipples, rims and caps with
sterile tongs and put on bottles.
Then tighten with your hands.



Put bottles in refrigerator.
Use within 24 hours.*



Cover can with plastic lid.
Store in a refrigerator or cool dark
place. Use within 1 month.

How to prepare liquid concentrate infant formula

1



Run cold water for at least 2 minutes.
Boil water for 2 minutes. Let cool.

2



Wash hands with soap and water.

3



Have sterilized items ready.
(See How to sterilize equipment)

4



Wash top of can with very hot water.

5



Shake can.
Open with sterile can opener.

6



Pour boiled water into glass measuring cup.

7



Add an equal amount of liquid concentrate formula.
Be sure to measure carefully.
Stir well with sterile fork.

8



Pour formula into bottles.

9



Pick up nipples, rims and caps with sterile tongs and put on bottles.
Then tighten with your hands.

10



Put bottles in refrigerator.
Use within 24 hours.

11



Tightly cover open can and put in refrigerator. Use within 24 hours.

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