

## Information for new families

# Formula Feeding



Infant formula is usually manufactured from cow's milk, but can also be made from soy or goats milk. There are special milks for infants who have allergies and for premature infants. Stay with a cow's milk based formula unless your physician recommends something else.

Do not use whole cow's milk until your infant is over 12 months of age. Never microwave infant formula; it can contain hot spots that can burn your baby and degrade some of the nutrients.

### Powered Infant Formula

This is the least expensive of the types of formula, however it is the most time consuming to prepare.

- ✓ Wash your hands
- ✓ Measure the water into a feeding bottle or measuring cup
- ✓ Then add the powder as recommended on the package
- ✓ Cap and shake
- ✓ Check the temperature and warm if needed
- ✓ You can prepare feedings for a day or two at one time
- ✓ Feed immediately or refrigerate for up to 48 hours

### Concentrated Liquid

This must be diluted before feeding.

- ✓ Wash your hands
- ✓ Measure the water into a feeding bottle or measuring cup
- ✓ Then add the liquid as recommended on the package
- ✓ Cap and shake
- ✓ Check the temperature and warm if needed
- ✓ Feed immediately or refrigerate for up to 48 hours

***Always discard any milk left in the bottle at the end of the feeding!***

### Ready To Feed

This is the easiest type of formula to prepare and can be stored at room temperature. However, it is the most expensive.

- ✓ Wash your hands
- ✓ Open the bottle and screw on the cap
- ✓ Warm to feeding temperature if desired
- ✓ Feed immediately or refrigerate for up to 48 hours

### Side Effects

Occasionally babies are constipated or experience abdominal discomfort or colic. Discuss changing brand of formula with your physician.

### Always hold your baby

Never prop your baby during feedings or use a bottle holder. Feeding time is a social time and your baby will enjoy your cuddling and talking.

Hold your baby almost upright and the bottle almost horizontal so gravity does not overwhelm your baby with a fast flow of milk. Observe your baby for signs of too fast or too slow flow.

Instruct anyone else who feeds your baby in these feeding techniques.

