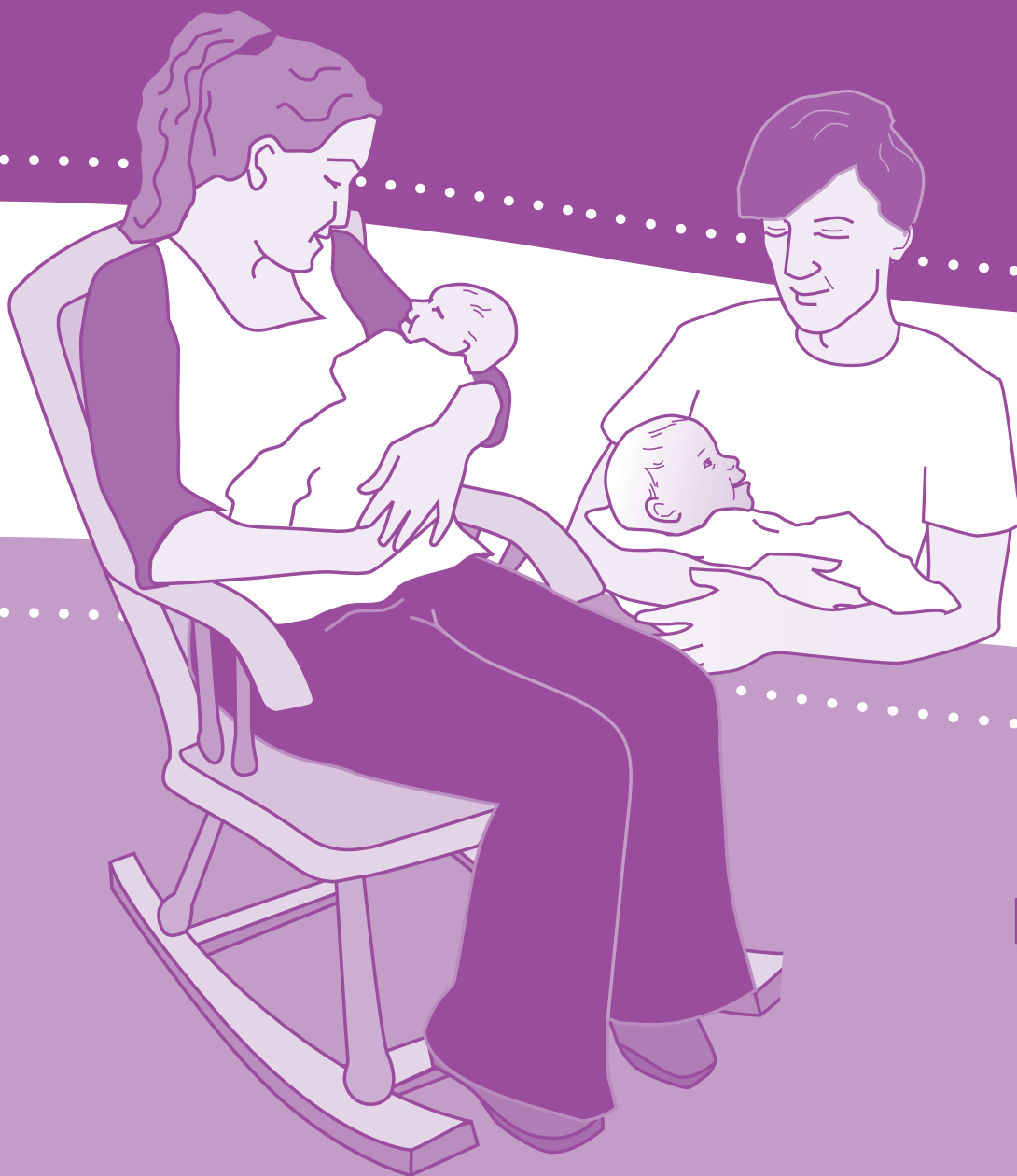


Making Connections

Your First Two Years with Baby

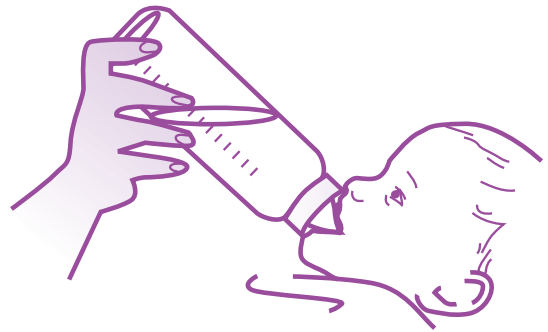


Formula
Feeding
Revised 2013

Formula Feeding

Breastmilk is the best choice for babies. If you are supplementing breastmilk or you are not breastfeeding, iron-fortified infant formula should be your next choice. Your baby should have formula for the first 6 months as their only food.

At around 6 months, your baby should be starting to eat solid foods. He/she however should continue to have formula until he/she is 9 to 12 months of age.



These guidelines are for healthy full-term babies. Talk to your health care provider if you have questions or concerns about feeding your baby.

IMPORTANT

- When you have your baby, the hospital will offer your baby one type of formula. Unless your baby's doctor says your baby needs a special formula, you can choose from many types/brands of formula that you can give your baby.
- All formulas have to meet safety standards set up by Health Canada.
- Choose a formula that is "iron-fortified" or "added iron". Iron is important for your baby's health.
- Choose a milk-based store-bought infant formula unless your health care provider has told you to buy a different type. There are many formulas that you can buy that cost less than others and are just as good for your baby.
- Check the expiry dates on formula when you purchase it. Do not buy formula if it is past the expiry date.
- Homemade formula should not be used, as it does not give your baby all the nutrition he/she needs.

Most formula comes in 3 different forms:

- powder
- liquid concentrate
- ready-to-feed

Form	Preparation	Cost	How to store formula after opening	How long open container can be stored
Powder *Powdered infant formula is not sterile. Follow the instructions on the can carefully.	<ul style="list-style-type: none"> boil water let water cool add powder according to directions on can 	least expensive	covered in a cool dark place	less than 30 days
Liquid concentrate	<ul style="list-style-type: none"> boil water let water cool mix equal amounts of water and liquid concentrate 	more expensive	covered in fridge	less than 48 hours
Ready-to-feed	<ul style="list-style-type: none"> use as is 	most expensive	covered in fridge	less than 24 hours

*Do not mix different types or forms (such as powdered and concentrate) of formula together when preparing bottles.

Take the following steps to keep your baby healthy:

- Wash your hands well with soap and water.
- Sterilize all bottles, nipples, caps and rims before using them to feed your baby until baby is 4 months old. (See “Sterilizing” on page 3)
- Follow the mixing instructions that come with your formula.
- Boil the water you will use to make the formula. Tap water is recommended for making formula. Do not use distilled or bottled water.
- **DO NOT** microwave your baby’s bottle of formula. Microwaves heat unevenly and create hot spots that can burn your baby’s mouth and throat.
- Safely formula feed your baby (See “How to Formula Feed” on page 7).

Sterilizing

What You Need



Large pot with lid



Nipple brush
Bottle brush



Tongs
Can opener
Knife

Measuring cup
Fork (for powder formula)

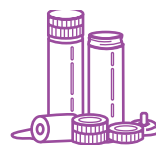


6 - 8 bottles
6 - 8 caps
6 - 8 rims



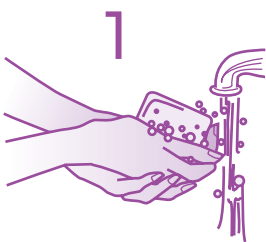
6 - 8 nipples
6 - 8 disks

OR



For disposable bottles:
6 - 8 caps
6 - 8 rims
6 - 8 nipples

How to Sterilize



1
Wash hands with soap and water.



2
Wash all items in warm, soapy water.



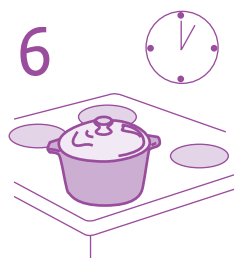
3
Make sure nipple holes are NOT clogged.



4
Rinse all items.



5
Put items in a large pot. Fill pot with water. Make sure water covers items.



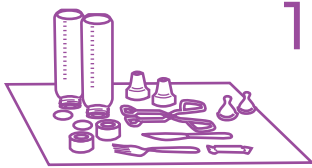
6
Cover pot and boil for 5 minutes.



7
Let water cool. Remove items with tongs and leave them to air dry on a clean paper towel.

How to Make Powdered Formula

Note: For premature or low birthweight babies under 2 months of age or a sick baby, talk to your health care provider for special recommendations.



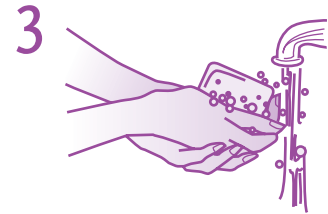
1

Have sterilized items ready (See “How to Sterilize” on page 3).



2

Bring water to a rolling boil for 2 minutes. Allow water to cool for 30 minutes (until it reaches 70°C).



3

Wash hands with soap and water.



4

Read label for correct amount of powder and water.



5

Pour cooled water into clean measuring cup.

6



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



7

Add the right number of scoops of powder to the water.



8

Mix until smooth.

9



Fill bottles with formula. Use sterile tongs to put nipples, disks, rims and caps on bottles.



10

When feeding baby always check the temperature of the formula. Test formula temperature on inside of wrist. If it feels hot, cool bottle under cold water. When drops feel comfortable on your wrist, feed baby.



11

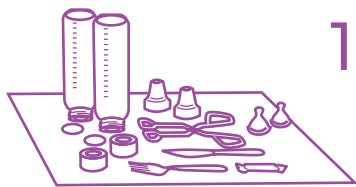
To keep bottles for later: Put bottles in refrigerator. **Use within 24 hours.** Do not leave bottles standing at room temperature. If you don't have a refrigerator, prepare fresh bottles as needed.

12



Cover formula with provided lid. Keep in refrigerator or a cool, dark place. **Use within 1 month.**

How to Make Liquid Concentrate Formula



1

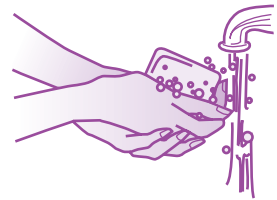
Have sterilized items ready (See "How to Sterilize" on page 3).

2

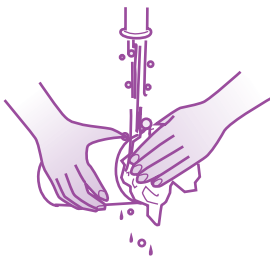


Bring water to a rolling boil for 2 minutes. Let water cool to room temperature.

3



Wash hands with soap and water.



4

Rinse top of can with warm water and make sure can does not have any dents.



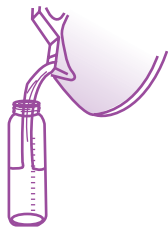
5

Shake can.

6



Open can with sterile can opener.



7

Add **the same** amount of formula and water to each bottle.



8



Use sterile tongs to put nipples, disks, rims and caps on bottles.



9

Put bottles in refrigerator. **Use within 24 hours.** Do NOT leave bottles standing at room temperature.



10

Put tight cover on can of unused liquid concentrate. Store in refrigerator. **Use within 48 hours.**

11



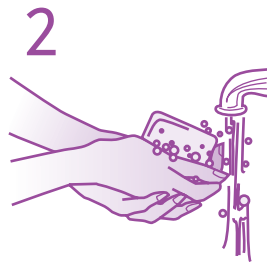
Shake well before feeding.

How to Make Ready-to-Feed Formula



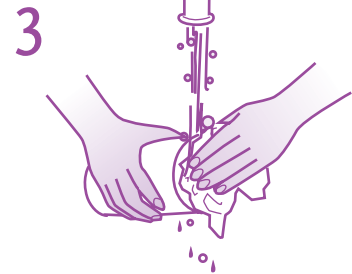
1

Have sterilized items ready (See “How to Sterilize” on page 3).



2

Wash hands with soap and water.



3

Rinse top of can with warm water.



4

Shake can.



5

Open can with sterile can opener.



6

Fill each bottle with enough formula for one feeding. Do not add water.



7

Use sterile tongs to put nipples, disks, rims and caps on bottles.



8

Put bottles in refrigerator. **Use within 24 hours.** Do not leave bottles standing at room temperature.



9

Put tight cover on can of unused ready-to-feed formula. Store in refrigerator. **Use within 24 hours or 48 hours as noted on label.**

How to Formula Feed



1 Warm bottle of formula in container of hot water.



2 Shake bottle well.



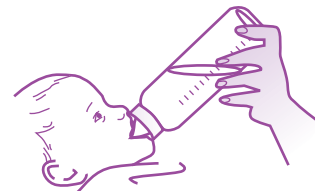
3 Test formula temperature on inside of wrist. Temperature should be luke warm (not hot or cold).



4 Make sure formula flows from nipple. (It should drip once per second when held upside down)



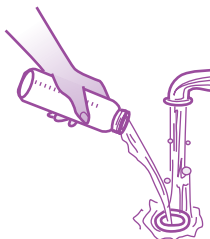
5 Feed baby with bottle tilted up so nipple is always full.



6 Try using different positions and always hold the baby bottle.



7 Burp baby every few ounces or as needed.



8 Throw away leftover formula.



9 Rinse bottle and nipple.

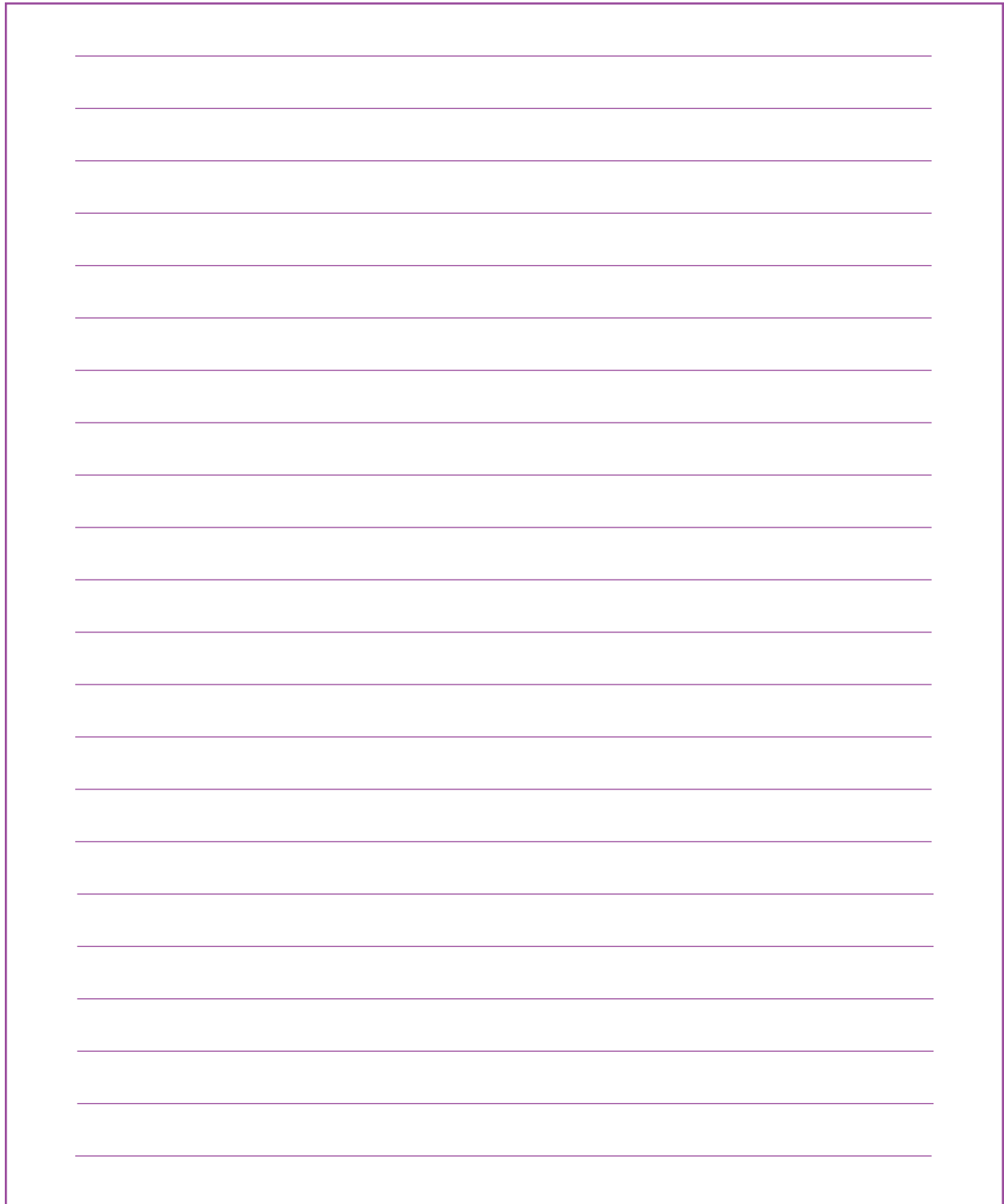
*Babies learn about comfort, love and caring when they are fed. Babies should not eat alone. Feeding time should be a special time for you and your baby.

IMPORTANT

- **Do NOT** warm bottles in the microwave. Microwaves heat unevenly and create hot spots that can burn your baby's mouth and throat.
- Throw away nipples that are sticky, cracked, torn, discolored, or if formula comes out too quickly.
- Never prop your baby's bottle as it may cause your baby to choke and can cause ear infections if baby is lying down.
- Never let baby fall asleep with a bottle as this can make your baby's teeth decay. (The liquid sits in baby's mouth and the teeth get coated with food that helps germs rot the teeth.)



Notes



A large rectangular box with a thin black border, containing 20 horizontal lines for writing notes. The lines are evenly spaced and extend across the width of the box.



Printing of this document is made possible through a financial contribution from the Public Health Agency of Canada.