When You Feed Me Formula

A helpful guide to feeding your baby 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.

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**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.

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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:

<table>
<thead>
<tr>
<th>Age</th>
<th>Formula Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth to 2 months:</td>
<td>2 to 3 ounces</td>
</tr>
<tr>
<td>2 to 4 months:</td>
<td>3 to 4 ounces</td>
</tr>
<tr>
<td>4 to 6 months:</td>
<td>4 to 6 ounces</td>
</tr>
<tr>
<td>6 to 8 months:</td>
<td>6 to 8 ounces</td>
</tr>
<tr>
<td>8 to 12 months:</td>
<td>4 to 6 ounces</td>
</tr>
</tbody>
</table>

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.