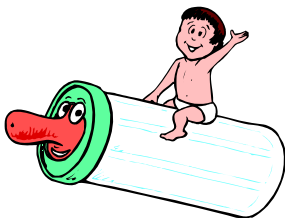


Formula Feeding



- Infant formula is based on cow's milk and has vitamins and minerals added to it. Formula gives babies the nutrients they need to grow.
- Give your baby formula with added iron until they are one year old.
- **Do not use regular cow's milk for newborns.**
- There are many different brands of infant formula. Use the same brand of formula as much as possible. It is hard on a baby's system if the brand is changed often.
- Call the nurse, doctor or midwife if your baby has problems with the formula you use.
- Special formulas are available for babies with special needs. Talk to the nurse, doctor or midwife if you want more information about these.
- Check the expiry date on the formula cans, especially if you buy cases.



Three basic kinds of formula

- 1) **Ready to serve liquid:** Pour this formula directly into a bottle and feed it to the baby.
- 2) **Liquid concentrate:** You need to mix one can of this formula with one can of water and then feed it to your baby. Use the formula within 24 hours after mixing.
- 3) **Powder:** You need to mix this formula powder with water and then feed it to your baby. Again use the formula within 24 hours after mixing. You need to open a new can of formula powder every four to six weeks.

How to prepare formula

Wash

- 1 To start, wash your hands with soap and warm water.
- 2 Wash everything with hot soapy water and rinse with hot water. This includes bottles, nipples, the formula can lid, can opener, measuring cup, and other equipment. Wash bottles and nipples with a bottlebrush and squeeze water through the nipple hole.
- 3 Rinse the bottle and nipple with cold water when you're done feeding, to remove the milk before it gets hard.

Sterilize

- 1 Cover everything completely with water and boil for five minutes. Sterilize the tongs before you take things out of the boiling water. You don't need to sterilize disposable bottle liners. Do not use the dishwasher to sterilize things.
- 2 Sterilize equipment for at least the first four months of the baby's life. For babies over four months, wash everything in hot soapy water and rinse well.
- 3 **Boil all the water you use to mix the formula for five minutes.** Let it cool for 30 minutes before you use it. Use boiled water to mix formula until the baby is at least six months old.
- 4 Call the health centre if you think your water isn't safe.

Mix

- 1 Always follow the directions on the formula can. Measure the water first and add the liquid or powder on top. This helps you mix it right. You can mix one or two bottles at a time or mix a whole day's worth at once.
- 2 If you add too much water your baby won't get enough nutrients and energy.
- 3 If you add too little water, your baby may get dehydrated.

Store

- 1 Store the formula in the fridge after you mix it.
- 2 Keep mixed formula in the fridge until feeding time. Put it back in the fridge right away after you use it. If it's out for more than one hour, germs may grow that can make your baby sick.
- 3 Warm up formula to feed your baby. Throw away any formula left in the bottle after the feeding.
- 4 Use mixed formula within 24 hours.

How much and how often to feed formula



Age, activity, growth rate, and hunger affect how much and how often you feed your baby. This is a guide. Be flexible to meet your baby's needs.

Baby's age and weight	Amount of formula per day	Amount of formula per feeding	Number feedings per day
Birth to 3 weeks 3 - 4 kg (6 ½ - 9 lbs)	540 - 720 ml (18 - 24 oz)	60 - 120 ml (2 - 4 oz)	5 to 6
3 weeks to 2 months 4 - 5 kg (9 - 12 lbs)	720 - 900 ml (24 - 30 oz)	120 - 150 ml (4 - 5 oz)	6 to 7
4 to 6 months 6 - 7 kg (13 - 16 lbs)	900 - 1000 ml (30 - 32 oz)	150 - 200 ml (5 - 6 oz)	5 to 6
7 to 9 months 8 - 9 kg (17 - 20 lbs)	750 - 1000 ml (24 - 32 oz)	180 - 200 ml (6 - 7 oz)	4 to 5
10 to 12 months 9 - 11 kg (20 - 24 lbs)	720 - 960 ml (24 - 32 oz)	200 - 240 ml (7 - 8 oz)	3 to 4



How to bottle feed a baby

- 1) **Warm the bottle** to body temperature in a bottle warmer or bowl of warm water. Shake the bottle well after you warm it, to mix the heated milk. Put a few drops on the inside of your wrist to test the temperature. The milk should not feel warmer than your wrist.
- 2) **Check the size of the hole in the nipple.** Formula should drip freely at the rate of one drop per second. If the hole is too small, use a needle to make it bigger.

Before you use the needle, hold it in a flame for 2 or 3 seconds to sterilize it. If the hole is too large, throw the nipple away.

- 3) **Hold the baby in one arm, with his head in the crook of your elbow.** Hold the bottle so the nipple is always filled with formula, to prevent the baby from sucking air.
- 4) **Burp the baby** half way through feeding and at the end. If the baby eats quickly, you may have to burp her more often.
- 5) Don't give your baby extra vitamins or minerals, unless your doctor tells you to. Infant formulas already have these.
- 6) **Learn to tell when your baby is hungry when she is full.** Babies often suck, smack their lips, and search with an open mouth when they're hungry. Let the baby eat as long as she likes. Your baby knows how much she needs.
- 7) **Learn to tell when your baby is full.** Babies often let go of the bottle, stop sucking, turn away from the bottle or fall asleep when they are full.
- 8) **Learn to tell how much to feed your baby.**

- 1 Babies have a small stomach at birth and can't drink a lot of formula at once. Babies may vomit, spit up, or get a sore stomach if they eat too much.
- 2 Expect your baby's appetite to change sometimes. For example, babies want more to eat during growth spurts.
- 3 As the baby gets older, gradually increase the amount of formula to eight ounces per bottle. Call the nurse, midwife or doctor if your baby needs more than five bottles or a total of 40 ounces per day.
- 4 When babies get enough to eat, they steadily gain weight and have 6 to 8 wet diapers from the fourth day on.
- 5 Formula fed babies have 1- 4 bowel movements (bms)/poops per day in the beginning. Once they have passed all the meconium (black tarry poops) their BM's are usually yellow, pasty and somewhat firm (but not hard). During the first few weeks you will become familiar with what a normal bowel movement is for your baby.

Constipation or passing rabbit pellet poops is seldom a problem in a newborn baby. A day without a bowel movement does not mean that your baby is constipated. As long as the BM's are reasonably soft, there is no reason for concern. If you think your baby is constipated check with the nurse, doctor or midwife.

8) Learn what not to do.

- 1 Never prop up a bottle and leave the baby alone with it. A young baby can easily choke on formula.
- 2 Don't give your baby a bottle in bed to fall asleep. When babies fall asleep with a bottle, formula pools around their teeth and they can get cavities. The first signs are white or brown spots on the baby's front teeth. This is called baby bottle mouth. Talk with the dentist, nurse doctor or midwife if you're concerned.
- 3 Never use the microwave to warm formula. It destroys nutrients the baby needs. It may heat the formula unevenly and 'hot spots' can burn your baby's mouth.
- 4 **Never** put pablum or any other baby food in a bottle. They could choke.

9) Try to wean your baby from the bottle when she is 12 to 16 months old. By this time they'll be ready for a sippy cup.



Other kinds of formula

Follow up formula

Follow up formula is for babies that are six to 12 months old. It has less fat and more protein than breast milk or infant formula.

There is **no reason to use this kind of formula**. The best food for babies from six to 12 months old is breast milk or infant formula with iron.

Home made formula

Homemade formulas often use evaporated milk. Evaporated milk doesn't have some nutrients your baby needs, such as iron and fatty acids.

Homemade formulas are harder for the baby to digest.

Talk to your nurse, doctor or midwife if you decide you want to make your own formula.



Cows milk

Give your baby homogenized or whole cow's milk after they're first birthday.

Cow's milk doesn't have enough iron for young babies or the type of fat they can easily absorb. Cow's milk can hurt a young baby's stomach and kidneys.

Do not give your baby skim, 1%, or 2 % milk until they are at least two years old. Babies need the energy and fat from whole milk.

Unpasteurized milk

Raw or unpasteurized milk is milk straight from the cow or the goat. It isn't heated or treated to kill bacteria.

Never give babies raw or unpasteurized milk. It may contain harmful germs.

Goats and other milk

Goat, soy, rice, or nut milks and non-dairy creamers (coffee mate) don't have the nutrients or energy babies need. Don't feed your baby these kinds of milk.

Use a soy-based formula for babies who can't digest regular formula, or whose family has a vegan diet – a diet with no dairy or animal products only on the advice of a health professional.

Other Related Information

Return of Your Period

If you are formula feeding, your period should return in 4-12 weeks after giving birth. The first period may be heavier and last longer than normal and there may also be some clots. Periods may be irregular for a few months as the body tries to get back to normal.

Breast Care for Formula Feeding Moms

Even if you have chosen to formula feed your baby, your body will make breast milk after birth. This may be uncomfortable for a few days usually being the worst at 3-4 days after birth and then gradually improving. You can make yourself more comfortable by:

1. Wearing a supportive, tight bra at all times.
2. Avoiding touching or massaging to your breasts. Take warm showers (not hot) and let the water run over your back instead of your breasts.
3. Putting cold packs on your breasts. Small bags of frozen peas, corn or snow

can be used. Make sure there is a layer of clothing between your skin and the cold pack. Use for 15-20 minutes up to three times per day.

4. Trying not to express/squeeze milk out of your breasts. If you have to, do so only until you are comfortable.
5. Asking the nurse, doctor or midwife about medicines that can help the discomfort.

Your breasts will return to the size and softness they were before you became pregnant by about 6 weeks after delivery. You may still be able to express or squeeze small amounts of milk from your breasts for a few months.