



How Do I Mix My Baby's Formula?



Follow these steps to make your baby's bottles as safely as possible or talk to your doctor about the best way to make your baby's formula.

These guidelines are recommended by the Centers for Disease Control and Prevention.

Cleaning Bottles

Clean and sanitize bottle parts and nipples in a dishwasher with hot water and a hot drying cycle.
If you don't have a dishwasher with hot water and a hot drying cycle, follow these steps:

1



To clean: wash your hands well for 20 seconds with soap and warm water; then dry.

Bottles should be cleaned after every feeding and, for extra germ removal, sanitized once a day.

2



Take the bottles apart and wash all the pieces, including the bottle, nipples, caps, rings and valves with hot, soapy water.

Be sure to have a bottle brush that you use only for cleaning bottles and not for the rest of the dishes. Run clean water through each nipple, and then rinse them completely.

Allow items to air dry on a clean cloth or paper towel.

3



To sanitize: place bottle parts and nipples in a large pot, cover with water and boil for 5 minutes.

Remove items from pot, place upside down on a clean cloth or paper towel to air dry.

Daily sanitization is particularly important if your baby is younger than 2 months, was born prematurely, or has a weakened immune system.

Protect Against Bacteria

Because powdered formula is not sterile, some babies need a little extra protection. If your baby is younger than 2 months of age, was born prematurely or has a weakened immune system, the following steps are recommended to protect against bacteria that may be in the formula:

Powdered formula:



Powdered formula is not sterile, so you need very hot water to kill bacteria.

Heat water to at least 158 F/70 C. To do this, boil the water and then let cool for 5 minutes.



Being careful to avoid burns, pour the correct amount of heated water into a clean and sterile bottle.

Add the correct amount of formula right away, attach nipple, ring and cap to the bottle, and shake well to mix.



Cool formula to body temperature by holding the bottle under cold running water or by placing it in a bowl of cold water. This will bring it to a safe temperature for your baby.

To warm a cold bottle of formula, place it in warm water for several minutes. **Never microwave your baby's formula.**

Liquid concentrate formula:



Liquid concentrate formula is sterile, so water does not need to be heated. Using water from a safe source, follow mixing instructions on the can. Attach nipple, ring and lid to a clean bottle. Shake well to mix.

Feeding Your Baby

1



Start all feedings by following your baby's signs that he is ready to eat. For example, he may suck on his fingers or turn to look for food with an open mouth.

2

Place a small amount of breastmilk or formula in a bottle to begin the feeding. You can offer more if he is showing signs of hunger when the feeding is done. It is best to start with small amounts until you learn how much your baby eats in a feeding.

3



Check the temperature by sprinkling a few drops on your arm to make sure it is not too hot before feeding.

4

Hold your baby close to you with his head higher than the rest of his body. This helps prevent choking and ear infections, and helps your baby control the amount he eats.



5

Hold the bottle as level as possible, which slows down the flow of the milk. It's ok if a little air is in the nipple. After about 10 seconds, give him a break by lowering the bottle nipple. When he's done he may be awake and quiet with his hands open and relaxed, or he may even fall asleep.



6

Once the feeding begins, throw out any formula left in the bottle after one hour. The combination of infant formula and your baby's saliva can cause germs to grow.

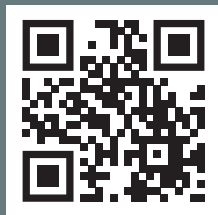


***Never prop your baby's bottle with a pillow or blanket, or leave your baby alone with a bottle during his feeding.**

Storing Your Formula



- Store infant formula cans in a cool, dry, indoor place —not in cars, garages or outdoors.
- Keep powdered formula lids and scoops on clean areas.
- Close containers of powdered infant formula as soon as possible.
- Use prepared formula within 2 hours of preparation and within 1 hour from when feeding begins. If you do not plan to use the prepared formula right away, put it in the refrigerator immediately and use within 24 hours.
- When in doubt, throw it out. If you can't remember when you made the formula, it is safer to throw it out than to feed it to your baby.



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