

E Nurture

A newsletter for mothers

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Formula Preparation and Feeding

Wash your hands with soap and water before preparing formula and feeding your baby.

Wash all bottle and nipple parts thoroughly with soap and hot water. Check with your doctor to see if it is necessary to boil water for formula use and sterilize bottle and nipple parts.

Water standing in the pipes of your house or apartment can pick up lead from the plumbing. **Run the water for several minutes to clear the water standing in the pipes, and draw fresh water to use for formula preparation.** Bottled water does not contain fluoride. If you use bottled water for formula, check with your doctor about the baby's need for fluoride. If you are boiling the water, put it into a pot or teakettle and boil for five minutes, then cool so you can touch the side of the pot. Boiling for a longer time causes evaporation that concentrates the lead and other minerals in the water.

Check the expiration date on the formula can and use unopened cans before that date.

Follow directions on the label of the formula can. **It is important to measure correctly.** Too much formula makes the milk too strong for the baby's kidneys to handle properly. Too much water does not give the baby enough nutrition and calories to grow properly.

☉ **Liquid concentrate:** Wash the top of the can before opening. Shake very well. Mix equal amounts of water and formula. Measure accurately. Shake to blend. Cover the opened can and store in the refrigerator. Store mixed formula in the refrigerator and use within 48 hours. Throw out any that is left in the bottle after the feeding.

☉ **Powder:** Wash the top of the can before opening. Only use the scoop in the can for measuring. If you lose the scoop, buy another can so that you have a new scoop to measure accurately. Use 1 unpacked, level scoop of powder for each two ounces of water. Shake very well. Cover the leftover powder and store in a cool, dry place. Store the mixed formula in the refrigerator and use within 48 hours. Throw out any that is left in the bottle after the feeding.

NEVER warm a baby's bottle in the microwave. Heating this way can form hot spots that can cause serious burns to the baby's mouth and throat. Warm the bottles by standing in a pan of warm water or in a commercial bottle warmer. Warm only to take the chill off – to about body temperature. Check the temperature by shaking a few drops onto the inside of your wrist before feeding.

Hold the baby in a semi-upright position to feed. NEVER prop a bottle - the baby could choke. Feeding is an important social and bonding time for mother and baby. Switch the arm you hold the baby in when you feed. This encourages balanced eye development as the baby looks at you while feeding.

Burp the baby, to bring up any air she swallowed, after every ounce at first. As she grows you can burp half way through the feeding and at the end.

Throw out any formula left in the bottle after the feeding. DO NOT save it for the next feeding.

Breastfeed or use only iron-fortified formula - not cow's milk - during the first year of your baby's life.

Family Birth Place at
Park Ridge Hospital

Unity Health System
www.unityhealth.org