

FORMULA FEEDING

BASICS



Commonly Asked Questions About Formula Feeding Your Newborn

Q: What is the best way to feed my baby a bottle?

A: Wash your hands before feeding your baby. Hold your baby in a comfortable, upright position. Look into your baby's eyes—feedings are a time for bonding.

Q: How much formula do I feed my baby and how often?

A: Newborns only drink a few ounces at a time. They need to be fed small amounts often during the day and night because their stomachs cannot hold large amounts of liquid. The amount babies drink changes as they grow older and begin to eat solid foods. Here is a guide:

0-1 month	15-27 ounces/day
2-3 months	25-37 ounces/day
4-5 months	32-42 ounces/day
6-8 months	21-30 ounces/day
9-12 months	24-33 ounces/day

All babies have different feeding times. Babies who are also breastfed will not need as much formula. Review your baby's feeding pattern with your WIC nutritionist, doctor or nurse.

Q: How will I know when my baby is full?

A: Your baby may turn away from the bottle, shut his/her lips or fall asleep.

Q: Do I need to warm a bottle?

A: Some babies do not mind drinking cold bottles. If you choose to give your baby a warm bottle, warm the bottle in a pan of hot water or under hot, running water. Gently shake or mix, then test a few drops on your wrist to make sure it's not too hot. Do not microwave, since microwaving can create hot spots in the bottle that can burn your baby's mouth.



Q: When should I burp my baby?

A: Every baby is different. You should burp your baby halfway through a feeding or after every ounce and again when the feeding is over. Burping makes your baby more comfortable by getting the air out of his/her stomach.

Q: Should I give my baby water?

A: Babies under 6 months old should not be given water. Older babies may need a little water in certain situations, such as hot weather. If your baby is sick, ask your doctor before offering water.

Q: Should I put anything in the bottle besides breastmilk or formula?

A: Breastmilk and formula are the only things that should go in a bottle. Older babies who drink juice should learn to drink juice from a cup. If you are giving both expressed breastmilk and formula, it is best not to combine them in the same bottle. Offer breastmilk first, and then formula if you have run out of expressed milk.

Q: What kind of nipple should I use?

A: Newborns should start with a one-hole nipple and progress to more holes as the baby gets older and develops a stronger suck. Avoid cutting, enlarging or adding holes to a baby bottle nipple. These kinds of nipples and feeders can cause choking, overfeeding and excessive intake of air, which can lead to gas or colic.

Q: Until what age should my baby use a bottle?

A: You can begin to give your baby sips of expressed breastmilk or formula in a cup around 6 months. WIC recommends that your baby drink mostly from a cup by 12 months of age and is off bottles completely by 14 months.



Safety, Storage & Preparation of Concentrated Formula:

- Always wash your hands and rinse top of can before making formula.
- Shake can well before opening.
- Use clean bottles, nipples, mixing containers and utensils.
- Before making formula, run tap water for 1-2 minutes or until cold to the touch. Never use hot water from the faucet.
- Boil both tap or spring water for one minute after water has come to a rolling boil. Allow water to cool before use.
- Pour concentrated formula into a clean container, such as a glass container.
- Fill the empty can to the top with water and add to the same container.
- Stir formula.
- Pour mixed formula into bottles, or leave in covered container, and store in refrigerator until ready to use.

1 can (13 ounces) **concentrated formula**
+ 1 can (13 ounces) **water**
= 26 ounces of **prepared formula**

- Refrigerate prepared formula for up to 24 hours.
- Refrigerate opened containers of concentrated formula for up to 48 hours.
- Only put the amount of formula that your baby usually drinks in the bottle. After feeding, throw away any leftover formula. Do not store or re-use it!

Safety, Storage & Preparation of Powdered Formula

Safety:

- Always wash your hands and rinse top of can before making formula.
- Use clean bottles, nipples, mixing containers and utensils.
- Before making formula, run tap water for 1-2 minutes or until cold to the touch. Never use hot water from the faucet.
- According to the CDC,* powdered formula is not sterile and should be prepared with boiled water:
 - Heat water to a rolling boil for 1-2 minutes
 - Let it cool just enough so that you don't burn yourself while preparing the formula (no more than 10 minutes in an open container)
 - Mix the powdered formula as directed using this hot water
- **Cool the bottles** by running under tap water or placing in an ice bath to make sure it's not too hot for your baby to drink.
- **Always check the temperature on your wrist before feeding.**

Storage:

- Refrigerate prepared formula for up to 24 hours.
- Only put the amount of formula that your baby usually drinks in the bottle. After feeding, throw away any leftover formula. Do not store or re-use it!
- Powdered formula should be used within one month of opening and before its expiration date.
- Note: If you use spring water or your own well water, ask your doctor about fluoride supplements.

*Centers for Disease Control and Prevention

Preparation:

1. Store scoop, found in can, separate from powder. Clean scoop with hot water after each use.
2. Powder should be loosely piled in scoop or cup. Do not pack powder. This will cause formula to be over-concentrated. Measure only full level scoops. Do not use half scoops.
3. Measure amount of water and powder needed. Always add powder to water. Mix well.

2 ounces **water** + 1 scoop **powder**
= 2 ounces **prepared formula**

4 ounces **water** + 2 scoops **powder**
= 4 ounces **prepared formula**

6 ounces **water** + 3 scoops **powder**
= 6 ounces **prepared formula**

If mixing large amount of formula in a container:

29 ounces of **water** + 1 cup **powder**
= 32 ounces **prepared formula**

Always cover and refrigerate until ready to use.

If your doctor has prescribed a special formula, be sure to follow the special instructions on the formula can.

1-800-WIC-1007
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