

BOTTLE-FEEDING TIPS

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

Facts on Formula

- Baby formula can be cow-based or soy-based. If your family has a history of allergies, your baby's doctor may suggest a specific type of formula to use.
- Ready-to-feed formula is the easiest, but it also costs the most.
- Concentrated powder and liquid formulas need to be mixed with water before using. Follow the package directions closely. Using too much or too little water may be harmful to your baby.
- Don't heat formula in a microwave. Instead, heat a bowl of water in the microwave. Remove the bowl and place the bottle in the hot water for a few minutes.

Bottle Care

- Wash your hands every time you fill or offer a bottle
- Start with 8 four-ounce bottles. To limit the amount of air your baby swallows, use bottles with plastic liners.
- Boil new nipples for 5 minutes before the first use
- Clean used bottles and nipples with hot, soapy water. Be sure to rinse both completely
- Bottles can be filled up to 24 hours ahead of time, but you must keep them refrigerated until they're used

Hold Baby and Bottle

- Cradle your baby in your arm, holding the head slightly higher than the chest
- Stroke the cheek nearest to you. When your baby's mouth opens, place the nipple on the tongue well into your baby's mouth
- Tip the bottle so the nipple fills with milk. For your baby's sake, never prop the bottle. Holding your baby during feedings builds trust and makes choking less likely.

Burping Your Baby

- Burp your baby after 1/2 to 1 ounce of formula and when he or she is done feeding
- Your baby can be burped sitting up while you hold the baby's jaw, lying facedown across your lap, or with his or her belly against your shoulder.

Online Source: American Academy of Family Physicians [<http://familydoctor.org/178.xml>]
Online Source: Food and Drug Administration [<http://www.fda.gov/opacom/lowlit/feedbby.html>]

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your baby's current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.