



Formula Feeding

your baby

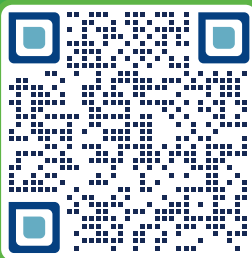
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Read this book
on the go!

We know you're busy — but we also know that new parents never really stop learning. Scan the QR code to head to the app for more information at your fingertips, no matter where you are.

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this code
with your
smartphone



About Formula Feeding

Feeding your baby is going to take a lot of time, energy, and thought. But, it will also offer you many sweet moments together! There may be times in your feeding relationship when your baby needs formula supplementation. Though breast milk has unique qualities that cannot be replicated, many types of formula can meet your baby's needs and support their healthy development.



Is Formula Safe?

Yes, it is! Infant formula is one of the most highly regulated foods in the United States. Its production and distribution are overseen by both US law and the Food and Drug Administration (FDA). Manufacturers are routinely inspected to ensure all standards are being met. Contact the manufacturer if you have any questions about the formula you purchased.

Unsafe Substitutes

The American Academy of Pediatrics (AAP) recommends only using infant formulas that meet the FDA nutritional and safety requirements. Milk from other sources, like cow milk or alternatives such as soy, almond, or oat milk, should not be used until your provider has approved their introduction (usually after one year of age).

Homemade Formula

These mixtures can contain too much or too little of the vitamins and minerals babies need, and may be contaminated with harmful bacteria.



Imported Formula

Imported formulas lack FDA regulation, and there can be issues with shipping and storage, labeling, and awareness of recalls.

Choosing Formula

Choosing which formula to use may feel a little overwhelming. There are a lot of options! As you make your decisions, remember that the best formula for your baby and your family may be different than what's best for another baby and family—and that's okay. Your baby's healthcare provider can be a really good resource in this process.



MILK-BASED



Cow's milk-based formulas make up about 80% of formulas sold. The milk is treated to make the proteins easier to digest. These formulas are also iron-fortified, with lactose added to better mimic breast milk.

SOY-BASED



These formulas have soy protein and a carbohydrate (glucose or sucrose). They contain no animal products. They are often used for babies who do not digest lactose well or are allergic to cow's milk protein.

Forms of Formula

Formula comes in 3 different forms. The way you prepare your baby's formula depends on the form you have chosen.



Ready-to-Feed

This form is the most expensive. It is the easiest to use as well. It is sterile and is usually sold in cans or bottles.



Concentrate

Liquid concentrate formula requires adding water. It is also sterile. The measuring and mixing is a standard process requiring equal parts water and concentrate.



Powder

Powdered formula is the most affordable. It is not sterile. The powder is mixed with water according to the manufacturer's directions.

Does Formula Go Bad?

All formulas have an expiration date (or a “use by” date) and a safe shelf life after opening. These are not the same thing! The expiration date printed on the packaging indicates how long the formula is okay for use (as long as it is stored properly and unopened). The shelf life refers to how long the formula is safe for use after it is opened. Never use formula that has passed either of these.

After a certain time period, unopened formula begins to break down. If you feed your baby a formula that’s past its expiration date, they may not get the ideal mix of nutrients the formula is supposed to have. Powdered formula, once opened, is also a potential breeding ground for harmful bacteria.

HYDROLYZED



This type of formula may also be labeled as “predigested formula.” The proteins in these formulas have already been broken down into smaller parts, making them easier for babies to digest and possibly alleviating milk allergy issues.

SPECIALTY



Some babies with prematurity, allergies, or medical conditions require special formulas. These can be quite different from regular formula and should only be used with the advice of your provider.

Formula Safety

Always check the expiration dates and lot numbers on the packaging and all the containers. They should always match.

The containers should never be damaged or have any broken seals or leaks.

To best avoid counterfeit formulas, always purchase from a reputable source.

Check all formula when you open it for changes to color, smell, and/or taste.

Store unopened formula in a cool, dry place where the temperature is regulated year-round. **Never use formula after the “use by” date.**



Choosing Water

Both formula concentrate and powdered formula require mixing with water. Manufacturer instructions usually do not specify what type of water to use. You will want to ensure that your water source is safe.

“Infant” Bottled Water

Most bottled water has impurities removed, but it is still not sterile. However, if the bottle is marked specifically for infant use and labeled as sterile, it has met very specific FDA standards.

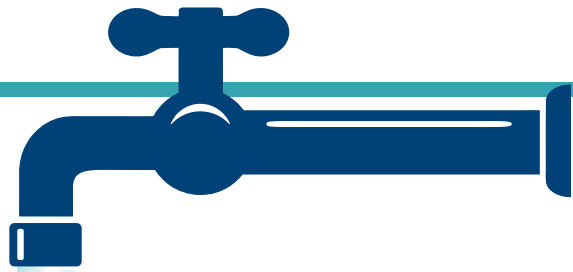
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for resources on safe drinking water.



**healthy
baby tip**

Unsure about the safety of your water source? Choose tap water or bottled water and bring it to a rolling boil for 1 minute. Allow it to cool to no less than 158°F (70°C), and then continue with formula preparation.



Tap Water

The Environmental Protection Agency (EPA) has standards in place to ensure that tap water is safe to drink. However, some neighborhoods may still have concerns about contaminants in the distribution system. If you have questions, contact your local health department.

Well Water

Some homes receive water via a well. Well water is not regulated. If you would like to use your well water, you need to test it first.

AAP Recommendations

The American Academy of Pediatrics currently recommends that all babies who are not breastfed or who are partially breastfed receive iron-fortified formula. Docosahexaenoic acid (DHA) and arachidonic acid (ARA), fatty acids that support baby's development, are also added to most formulas. Some formulas also contain probiotics and/or prebiotics, which support the intestines and digestion.



Bottles & Nipples

There are many bottle and nipple combinations that offer different benefits. The best way to determine what feeding supplies will work is to try them. Be patient with your baby—they may initially refuse to latch or may need a couple of feeds to get familiar with the process. Give your baby a chance to learn the nipple, the flow, and their own feeding rhythm. If they still seem frustrated after a few feeding attempts, consider trying a new bottle or nipple.



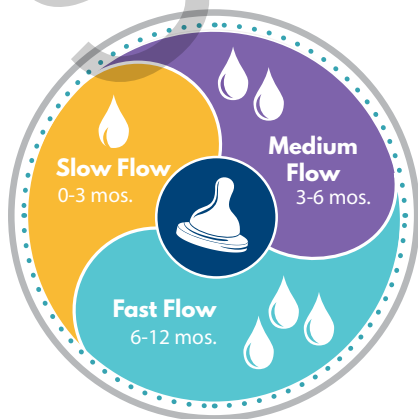
Choosing the Right Nipple

Bottle nipples come in many shapes and sizes. Their packaging is often marked with an age range for use. The sizing of nipples is related to their flow, or how quickly formula moves out of the hole(s).

Though age is a simple way to determine your baby's readiness for a new size of nipple, there is no perfect timeline. Pay attention to your baby's cues so you'll know when it is time for a change.

Are you switching between breastfeeding and bottle feeding? If so, consider using a slow-flow nipple to prevent your baby from developing a preference for the quicker bottle feed.

Is it time to change the nipple size?



Size up if:

- ✔ Baby is sucking very hard; the nipple is flattening in baby's mouth.
- ✔ Baby seems frustrated; they may be squirming or pushing the bottle away.
- ✔ Baby is taking a long time to feed.

Size down if:

- ✔ Baby is choking, coughing, or gagging.
- ✔ Baby is leaking formula out of the corners of their mouth.
- ✔ Baby is uncomfortable after their feed.

Preparing & Storing Formula

It is best to prepare formula for 1 feeding at a time. If you choose to prepare a large batch for your baby's full day, use a clean, lidded container no larger than 1 liter. Cover and immediately refrigerate after preparation and cooling.

Ready-to-Feed



1. Shake the formula container.
2. Pour the desired amount into a clean bottle for baby's feed.
3. Do not add water.

Concentrate



1. Measure the specified amount of concentrate and pour it into a clean bottle.
2. Add an equal amount of clean water.
3. Shake/swirl to mix.

Powder



1. Add the specified amount of safe water to the container.
2. Measure out the formula and add it to the water.
3. Shake/swirl to mix.

DO NOT ADD MORE WATER THAN THE DIRECTIONS CALL FOR!

This can alter the nutritional balance and interfere with baby's growth and development.

Cooling Formula

Immediately cool the formula to room temperature by holding the closed bottle under cold running water or placing it in an ice bath. Do not let the cooling water get into the bottle or on the nipple.

After cooling, immediately refrigerate any formula that will not be used within 2 hours. Refrigerator temperature should be at or below 40°F (4°C).

Cool Formula by



placing bottle
under running
water

OR



placing bottle
in an
ice bath

Warming Formula

Some babies prefer their formula warm. You can hold the filled bottle under warm running water, or place it in a bowl of warm water for a few minutes to bring it to room temperature. Bottle warmers may be used according to their instructions. To check the temperature, drop a small amount of formula on your wrist. It should feel barely warm.



This can cause "hot spots"
that may burn baby's mouth.



Follow the manufacturer's instructions when preparing formula. Wash your hands and your work surface with warm soapy water. Can't wash? Then use a hand sanitizer. Choose one that has at least 60% alcohol.

OPEN FORMULA
(not mixed)

↓

Liquid: Cover and refrigerate. Use within 48 hours.

Powder: Store in a cool, dry place. Use within 1 month.

ONCE PREPARED

↓

Room Temperature	Left Over After Feeding	Prepared in Refrigerator
Use within 2 hours.	Use within 1 hour from the start of the feeding.	Use within 24 hours.

DO NOT use formula that has expired!

About Cronobacter

Cronobacter infection is rare, but it is very serious. The *Cronobacter sakazakii* bacteria can get into powdered formula during factory production or after the can is opened. Though powdered formula is usually safe, take extra precautions if your baby is under 3 months of age, premature, or has a weakened immune system.

Cronobacter infection most commonly occurs in the first days or weeks of life. Symptoms usually start with fever, and then you may see poor feeding patterns, crying, and low energy. Some babies may also have seizures.

Powdered Formula Preparation to Prevent Cronobacter Infection

1

cool to no less than **158°**

Boil the water you will use for mixing. Let it cool to no less than 158°F (70°C). This usually takes about 30 minutes.

2

Pour the cooled water into your clean containers.

3

Add the powdered formula as per the manufacturer's instructions.

4

If using bottles, cap and shake or swirl gently. If using a lidded container, stir with a clean spoon, then put on the lid.

Cleaning & Sanitizing Supplies

There are different ways to safely clean your baby's feeding items: washing by hand, using a dishwasher, and sanitizing. Pay attention to how the items come apart; there are small parts that need to be separated out before cleaning. The cleaning process is the perfect time to assess your supplies for wear and tear.

Getting Started

- Take feeding items apart: bottles, nipples, caps, valves, and so forth. Rinse all the parts under running water (warm or cold is fine).
- If nipples have any cracks, tears, or stickiness, throw them out and replace them. Bottles need to be free of chips and cracks too.



Washing by hand

1 Place the parts in a clean basin or container. Fill the basin with hot water and add soap.

2 Scrub the parts with a clean brush. Squeeze water through any nipple holes.

3 Rinse each item thoroughly under clean fresh water.

4 Air-dry completely in an area free of dust or dirt before storing.



Washing by dishwasher

1 Place the parts in the dishwasher. Smaller parts can go in a closed-top basket or mesh washing bag.

2 Add soap and run the washer. If possible, use a sanitizing cycle.

3 Before unloading, wash your hands well with soap and water.

4 If the items are not dry, air-dry in an area free of dust or dirt before storing.

Sanitizing

For extra germ removal, sanitize feeding items once a day. This is most important if your baby is younger than 3 months, was born prematurely, has a weakened immune system, or is currently sick. This additional step is not needed if you use a dishwasher on its hot setting and heated drying cycle.

Before sanitizing, take the feeding items apart and clean them by hand. Don't forget to clean your wash basin and cleaning brush.

To sanitize via boiling:

- Place the cleaned parts in a pot and cover with water.
- Bring the pot to boil. Allow to boil for 5 minutes.
- Remove items with clean tongs.
- Air-dry completely.

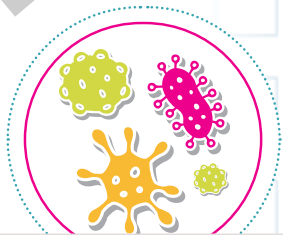
Safe Storage

The first step to safe storage is to allow all clean feeding items to air-dry thoroughly. Once they are dry, wash your hands and put the feeding items back together. Store them in a clean, dry, protected place (like a closed cabinet or drawer).



To sanitize via steam:

- Place cleaned parts in a microwave steam system or at-home sterilizing system and follow the manufacturer's instructions.



Eliminate the transfer of germs with these steps:

↓
Do not soak feeding supplies directly in your sink.

↓
The wash basin and cleaning brush should **ONLY** be used for cleaning infant feeding items.

↓
Always air-dry supplies on a clean towel or paper towel. Don't use a dish towel.



Feeding Your Baby a Bottle

Feeding times are great moments for both you and your partner to give your baby the love and attention they crave. As you feed, minimize distractions and focus on positions with lots of eye contact.

newborns eat a lot!
you can expect baby to eat

8+ times  **in 24 hours**

How Much Should My Baby Eat?

At birth, your baby's stomach is very small! They will need small, frequent feeds: every 3–4 hours (or about 8 times in a 24-hour period), including through the night. This frequency of feedings should help your baby quickly return to birth weight.

In the first few days, a feed should be no more than 15–30 ml (½–1 ounce). During the first week, the amount per feed gradually increases to about 30–60 ml (1–2 ounces). As your baby grows, feeding patterns will continue to change, so always pay attention to their cues.

Babies who are eating enough:

gain weight steadily after the first week



have 1 or more stools per day (by day 5, stools should be firmer)



seem content after being fed and burped



wet 6–8 diapers a day by the end of the first week



As a rule of thumb, babies eat about 2.5 ounces per day for every pound of body weight.

healthy baby tip

Is My Baby Hungry?

All babies communicate hunger cues. They can be subtle, so rooming-in and skin-to-skin time can help you learn them and respond quickly. You will want to feed baby at the first signs of hunger. Don't wait until baby cries; this is a late sign of hunger and can make feeding your baby more difficult.

Becoming active and alert



Rooting or lips smacking



Squirming or moving around



Sucking on finger or hands



Bottle Feeding Methods

To effectively bottle feed, every baby has to learn the skill of suck-swallow-breathe. They will master this! But, there actually isn't one specific bottle feeding technique or position that always works for every baby. Together, you and your baby will learn what feels comfortable and works best.

The Traditional Method

- Sit down and get comfortable with your baby.
- Place baby's head securely in the crook of your arm (at about a 45-degree angle).
- Hold the prepared bottle with your free hand.
- Gently place the nipple into their mouth and tip the bottle up at an angle.
- Pay attention to any air in the nipple; make sure to keep the nipple filled with milk.

In traditional bottle feeding, gravity and the baby's position help the milk to flow, and the baby has to do very little. When fed this way, babies are not active participants in the process, so they become more passive eaters. They also do not learn to regulate their milk intake. Research shows that these infants may continue to eat even when they're full—and this learned behavior continues into childhood. There is a better technique we will discuss next, which is called paced bottle feeding.



Many cues can be missed when your baby is wrapped up, so make sure you unswaddle them before feeding.

Bottle Safety

Never prop up your baby to eat on their own.

Never leave your baby alone when feeding by bottle.

Never let your baby go to sleep with a bottle.

Do not force your baby to empty the bottle.

Feeding Your Baby a Bottle

What Is Paced Bottle Feeding?

Paced bottle feeding is a more natural feeding method for babies, because it closely mimics some of the benefits of breastfeeding. Unlike the traditional method, the paced feeding method does not use gravity. The flow out of the bottle is instead controlled by the baby, which allows them to take breaks, self-pace, minimize ingestion of air, and avoid overeating.

How to Pace Bottle Feed

- Sit baby semi-upright on your lap and use your hand to support the neck and shoulders; or, cradle baby upright, supporting the neck, back, and bottom.
- Gently stroke baby's lips with the bottle's nipple. Baby's mouth will open for latch; let them draw the nipple into their mouth. The nipple should rest on top of the tongue and extend well into the back of the mouth.
- Hold the bottle horizontally so the nipple is only partially full.
- You should notice a suck-swallow-breathe pattern. After 3–4 sucks, lower the bottle for a few seconds to give baby a natural pause, then begin again.



Continue pacing the feed until you see fullness cues. Don't force baby to empty the bottle.

Benefits of Paced Feeding

Supports baby's digestive health (less gas and reflux)

Allows baby to decide how much they want to eat and stop when they're ready



Upright hold promotes better eye contact and bonding

Allows baby to control the pace of the feeding

Gives baby time to recognize their fullness

Following Baby's Cues

During a feed, it is always important to follow cues that show when your baby is full or needs a break. To assess baby's satiety (fullness), remove the nipple from their mouth and see how they respond.

Signs Baby Needs a Break

- milk leaking from the mouth
- sneezing, coughing, or gagging
- turning away from the bottle
- tensing or clenching fists

Signs Baby Is Full

- stops sucking or falls off the nipple
- relaxes body and limbs
- thrusts the tongue out
- becomes drowsy or falls asleep

Burping

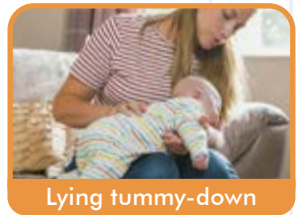
During feeding, babies can swallow air, which can make them fussy. Burp your newborn after every ounce, and then after every 1–2 ounces as they grow. If your baby doesn't burp, keep them upright for a few minutes before laying them down.



Sitting up



Over-the-shoulder



Lying tummy-down

Is Baby Spitting Up or Fussy After Feeds?

Some spit-up or fussiness after a feed is normal. However, if these are occurring frequently with feeds, it may be a result of an allergy, reflux, or formula intolerance. Though true allergy or formula intolerance is actually pretty rare, here are some signs to watch for:

- ✔ a lot of gassiness
- ✔ watery, frequent stools
- ✔ projectile (forceful) vomiting or vomiting after most feeds
- ✔ red, dry, patchy skin (eczema)
- ✔ blood in the stool
- ✔ excessive crying or fussiness after feeds

call
baby's
healthcare
provider

If Your Baby

- is sleepy and hard to wake for feedings
- has fewer than 6 wet and 1 soiled diaper per day after 5–7 days
- acts hungry or fussy even after a full feeding
- is not gaining enough weight
- is showing signs of intolerance

As you and your baby start to develop your rhythms, this book will help you get familiar with some formula feeding basics. Along the way, you may experience some bumps in the road. That's okay! Be patient and gracious to your baby and to yourself. Pretty soon, you are going to have this figured out, and we hope you'll find that feeding times are a really good opportunity to slow down and enjoy each other.



This book contains general formula feeding information and is not meant to be used for diagnosis, treatment, or as a substitute for medical care. If you have questions about your baby's health, contact your healthcare provider or medical facility.

 **Life Events**

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