

# PREPARING FORMULA

## Preparing Formula for Bottle-Feeding

**1** Check the expiration date. **Do not** buy or use outdated infant formula.

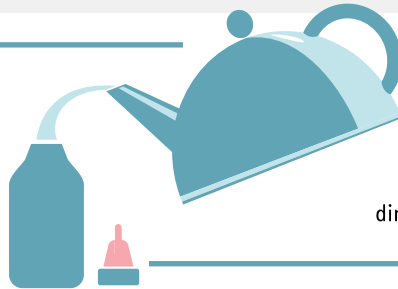
good until date  
printed on bottom



**2.** Wash your hands with soap and water.



**3** Sterilize bottle, nipples, caps and rings in boiling water before using them for the first time. After the first use, wash items with hot, soapy water. Use a bottle brush to scrub the inside and outside of the bottles and nipples to make sure that all remaining formula is removed from hard-to-reach places. You can also use a dishwasher. Rinse thoroughly in safe water. Allow equipment to air dry.



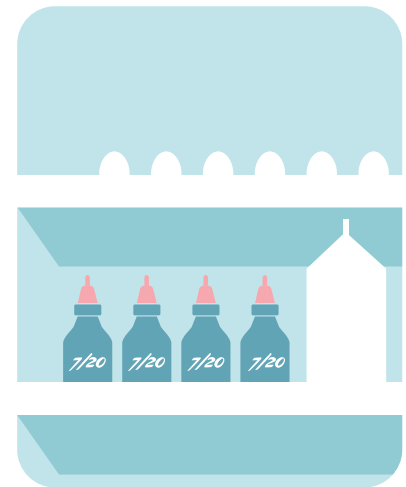
**4**

Boil safe water to mix with formula. Measure the formula and add formula and water to the bottle according to package directions. Attach the nipple and cap and shake well.



**5**

If using boiled water to prepare formula, cool bottle to appropriate feeding temperature. If using tap water, you can give your baby room temperature or even cold formula, but if your baby prefers warm formula, place the filled bottle in a bowl of warm water and let it stand for a few minutes – or warm the bottle under running water. The formula should feel lukewarm – not hot. Don't warm bottles in the microwave. The formula might heat unevenly, creating hot spots that could burn your baby's mouth.



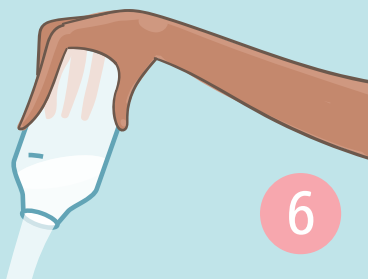
**7**

Store formula safely. If you're using ready-to-use formula, cover and refrigerate any unused formula from a freshly opened container. Discard any formula that's been in the refrigerator more than 48 hours.

If you prepare and fill several bottles of liquid-concentrate or powdered formula at once:

- Label each bottle with the date that the formula was prepared.
- Refrigerate the extra bottles until you need them. Do not freeze formula.
- Discard any prepared formula that's been in the refrigerator more than 24 hours.

If you're unsure whether a particular container or bottle of formula is safe, throw it out.



**6**

Discard remaining formula at the end of each feeding if it's been more than an hour from the start of a feeding. Don't refrigerate a bottle once you have fed your baby from it, since bacteria from the baby's mouth can multiply.

# Amount and Frequency of FORMULA FEEDING



every 3-4 hours



every 4 hours



4-5 times per day

If baby sleeps longer than four to five hours and starts missing feedings, wake her up and offer a bottle.

Most babies will indicate when they've had enough by becoming fidgety or distracted. If the baby empties the bottle and continues smacking her lips, she might still be hungry. Some babies, though, have higher needs for sucking and may just want to suck on a pacifier after feeding.



Initially, it's best to feed your newborn on demand, or whenever she cries because she's hungry. As time passes, most babies develop a fairly predictable feeding schedule.



**The most important thing to remember is that each baby's feeding needs are unique.**



**If you have questions about how much to feed your baby, talk with your baby's doctor.**

<https://www.healthychildren.org/English/ages-stages/baby/formula-feeding/Pages/Amount-and-Schedule-of-Formula-Feedings.aspx>