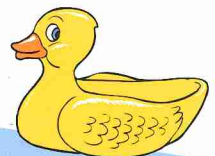


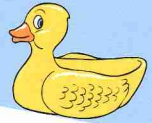
Bottlefeeding Your Baby

Your baby only needs breastmilk or iron-fortified formula for the first 4-6 months. Iron is important for growth and brain development. Babies don't get constipated from iron in formula.

Preparing formula safely

- Wash your hands first.
- Keep everything **clean**: the area where you prepare formula, the top of the can and the can opener.
- Wash reusable bottles, caps and nipples before every use. Boil them for 5 minutes.
- Use safe water. Run cold tap water for 2 minutes before using it. (Lead can get in the water when it sits in metal pipes overnight.) "Baby" water is not necessary.
- If you have well water, have it tested for safety.
- After making formula, put it in the refrigerator until you need it. Formula made from powder may be kept in the refrigerator no longer than 24 hours. Formula made from concentrate may be kept in the refrigerator no longer than 48 hours.
- Throw away any formula left out of the refrigerator for more than 2 hours. If you have warmed the bottle or fed any of the formula to your baby, throw away the formula after **one hour**.
- Fill the bottle with the amount of formula you think your baby will drink. After feeding, throw away any formula left in the bottle. If used later, it could make your baby sick.
- To warm a bottle, run hot tap water on it or let it sit in a pan of hot water. **DO NOT** use a microwave! It can make formula very hot even if the outside of the bottle only feels warm. Sprinkle some on the back of your hand to test it.





Feeding tips

Babies eat different amounts.

The right amount of formula depends on her.

In 24 hours, your baby might drink:

0 to 1 month	14 to 28 ounces
1 to 2 months	23 to 34 ounces
2 to 3 months	25 to 40 ounces
3 to 4 months	27 to 39 ounces

Some days your baby may eat more than the highest amount on the chart or less than the lowest amount. As long as she grows well, this is normal.

Be ready to prepare more formula as your baby's appetite gets bigger.

Some spitting up is normal. It usually stops by the first birthday. To avoid it:

- Avoid overfeeding. Don't worry if your baby doesn't finish the bottle. Once a baby's stomach is full, any extra will simply come back up.
- Hold your baby upright during feedings and for at least 20 minutes afterwards. Lying down can make the problem worse.
- Keep a constant flow into the bottle's nipple. If the baby takes in extra air she will burp and may spit up.
- Burp your infant if she stops eating and seems uncomfortable.
- If you are still worried about how much your baby is spitting up, talk to your doctor, dietitian or nurse.

Wait until your child is ready for a spoon before starting cereal, usually about 6 months. Don't put cereal in the bottle. Cereal too early might cause overfeeding or choking.

No honey anytime during the first year. It can cause food poisoning.

07/08 IC# 141-1242

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