

# Newborn Feeding

## Bottle Feeding

- Feed your baby **ONLY** infant formula and breast milk for their first 4 to 6 months.
- Feed your baby at least every 3 hours, day and night.
- Before each feeding, warm the breast milk or formula to room temperature by placing the bottle in warm water; do not leave cold bottles on the counter to warm up.
- Never heat breast milk or formula in a microwave oven.
- Throw away any remaining breast milk or formula after each feeding.
- When traveling, keep the breast milk or formula cold in a cooler.



## Formula Preparation

Infant formulas are available in 3 ways:

### Ready To Feed

Do not add water

### Liquid Concentrate

Add sterile water

### Powder

Add sterile water

## To make Sterile Water:

Boil water for 2 minutes.

Cover the pot.

Let water cool to room temperature.



## **Formula Storage and Use**

Store prepared formula in a refrigerator.

Use formula in 24 to 48 hours.

## **Bottle Cleaning**

Clean bottles and nipples by washing with hot, soapy water or on top rack of dishwasher.

Allow bottles and nipples to air dry.