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.