

Caring for Your Child
Newborn Feeding: Formula

Infant formulas meet all your baby's nutritional needs for the first 4-6 months of life. You don't need to feed the baby extra water, juice or cow's milk. There are two major types of infant formula: cow milk-based (Similac or Enfamil) and soy-based formulas (Isomil or Prosobee). Your doctor or nurse practitioner can help you figure out which formula is best for your baby. Both types of formula contain all the vitamins necessary for your baby's growth.

HOW TO PREPARE INFANT FORMULA:

Infant formula comes in 3 forms:

1. **Ready to Feed** - This is the most convenient, but most expensive way to buy your formula. All you have to do is open the can and pour it into a bottle (or attach a nipple if you are using the kind that comes in a bottle).
2. **Concentrated Liquid** - Mix this formula with water. Use equal amounts of each. For example, mix 2 ounces of concentrate and 2 ounces of water. You can mix the entire can of concentrate with 1 can of water.
3. **Powdered Formula** - This is the cheapest way to buy your formula. Mix each scoop of powder with 2 ounces of water.

TIPS:

- Wash your hands before preparing formula.
- You do not need to boil the water before mixing the formula.
- Use cold tap water (less risk of lead poisoning and it usually contains fluoride for your baby's teeth). You do not need to use bottled water.
- Use a clean container with a top to mix formula. Shake well until lumps are gone. You can also use a blender to mix formula.
- You should store prepared or opened formula in the refrigerator until ready to use. Use prepared formula within 24 hours.
- If you warm the formula, check the temperature on your own wrist before giving it to your baby. This will avoid burning baby's mouth.
- Do not use a microwave to warm formula. It causes uneven heating and can burn baby's mouth.
- Burp your baby often - after every 1 to 2 ounces.
- Don't put your baby to bed with a bottle. It can cause tooth decay.

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- Feed only formula, no water. Newborns can develop low salt levels and seizures from too much water. Do not feed cereal or other foods until your Pediatrician says it is ok (usually at 4-6 months).
- Never prop a bottle. It can cause choking and lead to ear infections.
- The baby should be held with his/her head held higher than his stomach. Tilt the bottle so that the nipple is always filled with formula and your baby will not swallow a lot of air.

SCHEDULES:

- Most formula fed babies will want to eat every 3 to 5 hours, but feed on demand when your baby is hungry. Your new baby may only drink 1 to 2 ounces per feed at first. The most a baby can usually drink is their weight in pounds divided by 2 (for example, a 12 pound baby should usually not be drinking more than 6 ounces at a time).
- Do not feed your baby more often than every 2-3 hours. Do not let your baby sleep longer than 4 hours at a time during the day. Unless your baby has special needs, you do not need to wake your baby during the night to eat.

SPITTING UP:

- Most babies spit up a small amount occasionally after feedings. This can be very messy but usually is not a problem and your baby will outgrow it by 9 months of age.
- You can reduce this spitting up by burping your baby often (after every 1 to 2 ounces).
- Avoid swings or bouncing activities after feeds.
- Try offering smaller, more frequent feedings.
- Try keeping the baby upright for 30 minutes after each feed.

CALL YOUR DOCTOR OR NURSE PRACTITIONER IF:

- Your baby does not seem to be gaining weight.
- Your baby seems to be vomiting most or all of the food after a feeding.
- Your baby is having very watery stools more than 8 times a day.
- Your baby is having less than 6 wet diapers per day.

If you have any questions or concerns, please contact us at: _____

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