



How do I mix my baby's formula?



Follow the steps below to make your baby's bottles as safely as possible or talk to your doctor about the best way to make your baby's formula.

These guidelines are recommended by the Centers for Disease Control and Prevention.

Cleaning Bottles

Clean and sterilize bottle parts and nipples in a dishwasher with hot water and a hot drying cycle. If you don't have a dishwasher with hot water and a hot drying cycle, follow these steps.

1



Wash your hands well with soap and warm water; then dry.

2



Wash all bottle parts and nipples with hot, soapy water and a bottle brush.
Be sure clean, safe, water goes through the nipple and then rinse completely.

3



Place bottle parts and nipples in a large pot, cover with water, and boil for five minutes.

Remove items from pot, place upside-down on a clean cloth or paper towel and air dry.

Making the Formula

1



Clean the area where you will prepare the bottles.

2



Wash your hands well with soap and warm water; then dry.

3



Place safe for drinking water in a clean pot or kettle on the stove. Bring the water to a bubbly boil and keep it boiling for 1 minute. Read the instructions on the formula can to find out how much water and formula you need to mix. Adding more or less formula than what's written can make babies sick.

4a



a. For powdered formula:

Powdered formula is not sterile so you need very hot water to kill bacteria that may be in the formula. Being careful to avoid burns, pour the correct amount of boiled water into a clean and sterile bottle within 5 minutes after boiling. Add the correct amount of formula right away, attach nipple and ring to the bottle, and shake well to mix.

4b



b. For liquid concentrate formula:

Allow boiled water to cool to room temperature, then mix equal amounts of water and the formula. Attach nipple and ring to the bottle and shake well to mix.

5



Quickly cool hot formula by holding the bottle under cold running water or by placing it into a container of cold water. This will bring it to a safe temperature for your baby to drink. To warm a cold bottle of formula, place it in warm water for several minutes. Never microwave your baby's formula.

Feeding your Baby

1



Check the temperature by sprinkling a few drops on your arm to make sure it is not too hot before feeding.

2



Begin and end your feedings by following your baby's signs that he is hungry or full. For example, a hungry baby may suck on his fingers or turn to look for food.

3



Hold your baby making sure his head is a little higher than the rest of his body. This helps to prevent choking and can help prevent ear infections. Never prop your baby's bottle with a pillow or blanket or leave your baby unattended while bottle feeding.

4



Allow for breaks by bringing the bottle down to let milk flow out of the nipple. Stop feeding when baby shows signs of fullness. A full baby will turn his head away, stop swallowing, or spit the bottle out.

5



Throw out any formula left in the bottle after each feeding or within 2 hours after the feeding started.

Storing your Formula



- Keep powdered formula lids and scoops on clean areas.
- Close containers of powdered infant formula as soon as possible.
- If you do not plan to use the prepared formula right away, put it in the refrigerator immediately and use within 24 hours.
- When in doubt, throw it out. If you can't remember how long you have kept formula in the refrigerator, it is safer to throw it out than to feed it to your baby.



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