

Safe Formula Preparation

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Training Goal:

Attendees will learn the importance of proper formula preparation and be able to demonstrate how to teach patients in the hospital setting.

Content:

- Use of a pre-test to determine base level knowledge of attendees
- Identification of FDA and formula-manufacturing regulations
- Describe the process of washing nipples and bottles
- Describe the process of formula preparation, warming, feeding and storage

Implementation:

- A presentation is used to discuss the content of the module.
- Allow students to demonstrate safe formula preparation using the supplies provided.
- Facilitate discussion of the barriers to successful safe formula preparation.
- Share ideas about how to best teach parents in the hospital setting.

Resources:

- How Do I Mix My Baby's Formula? Texas WIC brochure
- Infant Formula Preparation and Storage, CDC

Supplies:

- Powdered formula, water and infant feeding bottles for mixing demonstration