

# Formula Feeding Your Baby

## 1 Clean

Clean the area where you will mix the formula.

Wash your hands with soap and water. Dry your hands with a clean or throw away cloth.

Wash all bottles, nipples and mixing bowls in hot, soapy water.

## 2 Measure

Read your instructions to find out how much water and powder you need.

Pour the correct amount of water into a clean feeding bottle.

Add level scoop(s) of powder to the bottle. Return dry scoop to can.

## 3 Mix

Put the cap on the bottle and shake hard for 5 seconds.

Rocking your wrist back and forth helps the powder mix better.

Check to make sure there are no powder clumps.

## 4 Store

Any formula in the bottle your baby does not eat must be thrown out within 1 hour after the feeding.

Prepared formula that has not been given to your baby may be stored in the refrigerator for 24 hours.

Once opened, the can of powder formula should be kept in a cool, dry place and used within 30 days.

## 5 Feed

You can warm the bottle. Place bottle in warm water for 5 to 10 minutes or use a bottle warmer.

Hold your baby when they are eating. Don't lay them flat or prop the bottle.

Tilt the bottle so the nipple is filled with formula. Feed your baby for no longer than 25 minutes.



Never use a microwave to heat formula. This can make the formula too hot and burn your baby.



Check the water quality where you live by calling your local health department. Well water should be tested yearly.



Powdered infant formula is not sterile and can cause illness in infant younger than 3 months.