

Formula Feeding Your Baby

Feeding Your Baby

Feeding your baby is a time when you can express love and caring by holding, touching, talking or singing.

Hold your baby close when feeding to help them feel secure.

Switch arms at each feeding to help your baby's eyes and neck muscles develop.

Feed your baby every 2 to 4 hours.

Your baby will let you know when they are hungry by sucking on their hand or turning their head side to side with an open mouth.

What Formula to Use

Talk to your baby's health care provider about the best formula for your baby.

You can buy powdered formula (cheapest), concentrated or ready-to-use (most expensive, what you get at the hospital). You need to add water to the powdered and concentrated formulas.

How to Mix Formula that Uses Water

It is important that you follow the mixing instructions on the can. Your baby can get sick if you use too much water or not enough water.

You may use city water to mix concentrated or powder formula.

You may use well water if you boil it before using. Follow these instructions:

- Heat the water to a full (roiling) boil for at least 1 minute.
- Pour the water into a clean container and cover it. Keep it in the refrigerator.
- Use the water within 3 days (72 hours) of mixing formula.

Warming Formula

Most babies prefer to have their formula warmed to body temperature. Some older babies will take a bottle right out of the refrigerator.

To warm the mixed formula in a bottle, place it in a pan of warm water, or use a bottle warmer.

Never heat mixed formula in the microwave. This destroys nutrients and can cause hot spots that could burn your baby's mouth or throat.

Be sure to test the temperature of the formula before giving it to your baby. Squirt a few drops of formula on the inside of your wrist. The temperature should be comfortably warm. It should not be hot.

How to Formula Feed

- Get in a comfortable position with your arms supported so you are not holding your baby's entire weight.
- Hold your baby in a semi-upright position, not flat on their back.

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- Tickle your baby's lips with the bottle nipple.
- When your baby opens their mouth, gently put the nipple all the way into their mouth.
- Make sure your baby's tongue is under the nipple and the baby has more than the tip of the nipple in their mouth.
- Tip the bottle far enough for the formula to fill the nipple and the neck of the bottle.

When to Burp Your Baby

Burp your baby after 1 ounce, or halfway through the feeding for older babies. How often your baby needs to burp depends on how much air was swallowed and how fast your baby drinks.

How Much Formula Your Baby Needs

Here are the amounts of formula your baby needs:

- first day: ($\frac{1}{4}$ ounce) 5 to 15 mL at each feeding
- second day: ($\frac{1}{2}$ ounce) 15 to 30 mL at each feeding
- third day: (1 ounce) 30 to 60 mL at each feeding.
- fourth day: follow your baby's weight:
 - 8 pounds: 2 ounces (60 mL) at each feeding
 - 9 pounds: 2 $\frac{1}{4}$ ounces (67 mL) at each feeding
 - 10 pounds: 2 $\frac{1}{2}$ ounces (75 mL) at each feeding.

As your baby grows, continue to increase the amount of formula based on their appetite and hunger cues.

Throw out any formula that remains after a feeding. Do not try to save it for the next feeding.

Your Baby May Not be Hungry

Your baby cries for many reasons, not all for hunger. If your baby is crying and it has only been a short time since the last feeding, try:

- holding your baby
- burping your baby
- changing your baby's diaper.