

STEPS TO HELP YOU IN FEEDING YOUR BABY FROM A BOTTLE

- Make sure you have plenty of bottles and nipples as well as a bottle brush to clean all of the bottle parts.
- Wash the top of the formula container with hot soapy water, then rinse well with water to remove any dirt from the lid.
- Always check the container and know what you are preparing. Sometimes we think we grabbed “ready to feed” at the store but it is actually “concentrate.”
- Check the expiration date on the container.
- Make certain that the bottles and nipples are thoroughly cleaned and rinsed.
- If you cannot prepare all the bottles at that time, cover the container and store it in the refrigerator. Prepare the rest within 48 hours of opening it. If you do not use it in the allotted time, throw it out.
- Before feeding the baby, make sure that the temperature of the formula is what your baby prefers. Never microwave formula. This could burn the baby’s mouth. Microwaves heat unevenly, and there could be a hot spot in the formula. If you need to warm the milk for the baby, just place the filled bottle under warm, running tap water to take the chill off.
- Tilt the bottle to check the nipple hole. If the formula is running out, the hole is too big and the baby could choke. Throw that nipple away. If nothing comes out and the baby seems dissatisfied, the hole may not be large enough. The formula should drip from the tilted bottle with ease.
- Never prop the bottle and leave your baby for any length of time. This could cause your baby to choke.
- If your baby does not finish the entire bottle, you must throw whatever is left away. Bacteria will grow very quickly in the leftover formula because saliva from the baby’s mouth is transferred into the bottle during the feeding.

