

FORMULA FEEDING



INFORMATION TO SUPPORT WITH FORMULA FEEDING

You may decide to feed your baby formula milk, rather than breastmilk. What is most important is that you and your baby are happy with whatever decision you make.

Infant formula can provide your baby with the nutrients they need to grow up to around 6 months of age and will supplement solid food until 12 months.

Which formula should you choose?

Unless your GP or Child and Family Health Nurse (CFHN) advises you otherwise, infant formula labelled 'suitable from birth' and made from cow's milk is suitable for most babies.

Once your baby has reached 12 months, they can have regular full fat cow's milk. If you need support with infant formula feeding ask your midwife, GP or CFHN for information and help.



How much infant formula does my baby need?

All babies need different amounts at different times. Below are amounts to offer at each feed as a guide.








Day 1 - 4	30 - 60 mL/kg/day
Day 5 - 6 months	150 mL/kg/day
	Some infants who are preterm, will require up to 180 - 200 mL/kg/day
6 - 12 months	100mL/kg/day
	Some infants may reduce to 90mL/kg/day

Remember these are only rough guidelines. Your baby will drink as much as they need, which may not necessarily be a full bottle. It is important to follow their hunger and fullness signs.

See the '0-2 Months' booklet for information on hunger and fullness signs.



PREPARING INFANT FORMULA

1	<ul style="list-style-type: none"> Wash your hands with soap and water and dry thoroughly 	
2	<ul style="list-style-type: none"> Sterilise all equipment including bottles and teats Option for sterilisation: boil for 5 minutes, anti-bacterial sterilising agents, steam sterilisers or microwave steam sterilisers 	
3	<ul style="list-style-type: none"> It is best to make up one bottle at a time Don't re-boil the water as it concentrates mineral salts in the water Use freshly boiled tap water that has been cooled to lukewarm, measure the amount of water needed in the bottle Always add the water before the powder 	
4	<ul style="list-style-type: none"> Measure the required number of scoops of infant formula powder into the bottle of water Only use the scoop that comes with that tin Follow instructions to see how many scoops are needed for the amount of water Tap each scoop lightly and use a sterilised knife to level the scoop Re-seal the opened infant formula powder can and store in a dry place 	
5	<ul style="list-style-type: none"> Place the cap on the bottle and shake until the powder dissolves 	
6	<ul style="list-style-type: none"> Test the temperature of the formula on the inside of your wrist before giving it to your baby – it should feel warm Never use a microwave oven to heat the bottle 	
7	<ul style="list-style-type: none"> Throw away any made up formula left after a feed 	

CONTACT



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