



Formula Feeding

How to Prepare Powdered Formula

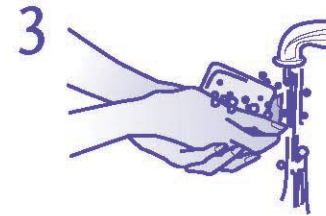
Note: For premature or low birthweight babies under 2 months of age or a sick baby, talk to your health care provider for special recommendations.



Clean and disinfect all of the items before you prepare the formula.



Bring the water to a rolling boil for 2 minutes. Let the water cool to 70°C. This takes about 30 minutes.



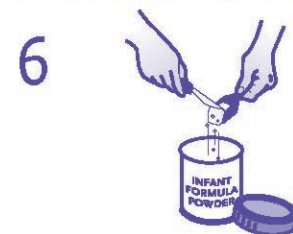
Wash your hands and the kitchen counter top with soap and water.



Read the label for the correct amount of powder and water.



Pour the cooled water in to a clean measuring cup.



Fill the scoop from the can with powder. Level with a clean knife.



Add the right number of scoops of powder to the water.



Mix the formula until smooth.



Fill the bottle with mixed formula. Use clean tongs to put the nipple, disk, rim and cap on the bottle. Tighten with your hands.



Check the temperature of the formula on the inside of your wrist. If the drops feel lukewarm, feed your baby. If the drops feel hot, cool the bottle under cold water.



Put the bottle in the refrigerator. **Use it within 24 hours.** Do not leave the formula at room temperature for longer than 2 hours.



Cover the unused powdered formula with the lid. Store it in the fridge or a cool, dark place. Use it within 1 month or follow the directions on the formula container.

If you have questions about how to breastfeed or feed your baby, call your public health nurse, talk to your healthcare provider or call HealthLinkBC (8-1-1) to speak with a registered nurse or registered dietitian.

Adapted for use in British Columbia, courtesy of the Government of Manitoba



BRITISH COLUMBIA

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