

FACT SHEET

Information for Parents on artificially feeding and preparing infant formula

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HNELHD respects your right to choose how you feed your baby and will support your decision with information guidance and advice.

The early days with your baby is a great time to get to know and love each other. This can be done by keeping your baby close to you and enjoying skin to skin contact. Babies will feel more secure if most feeds are given by a parent, especially in the early weeks/months as this will really help you bond with each other.

(The baby Friendly Initiative. UK)



What infant formula should I use?

- For newborn babies always use a formula that is suitable from birth
- It doesn't matter which brand you use, they are all very similar
- There is no evidence to support formulas that claim to help hungry babies, prevent wind, colic, reflux or allergies and they may not be safe for your baby.
- As your baby grows follow-on formula's and toddler milks are not necessary
- Infant formula should be used until your baby is one year old when they can then transition to full fat cow's milk

Your baby can be at risk of serious illness if infant feeding equipment is not cleaned and sterilised correctly and if the infant formula is not prepared according to manufacturer's instructions.

What do I need to make up infant formula?

- Bottles, with caps and discs
- Teats – shape variations offer no particular advantage unless your baby prefers that shape
- A bottle brush and equipment for sterilising

Warming infant formula

- The best way to warm your baby's formula is to stand bottle in a container of hot (not boiling) water, after a few minutes the milk should be warm. Check temperature on your wrist
- Bottle warmers may be used – follow manufacturer's instructions
- **IT IS NOT RECOMMENDED TO USE MICROWAVES TO HEAT** your infant formula. Microwaves can heat unevenly so milk may have hotspots that can burn your baby's mouth and throat.

Feeding your baby infant formula

- Feed your baby when they show signs of being hungry – Feeding Cues
- Hold your baby in a semi upright position so you can see your baby's face.
- Switch arms when you feed so baby can get stimulation on both sides.
- Invite your baby to open their mouth by placing the teat on their top lip. Insert the teat into the baby's mouth keeping the bottle horizontal to prevent the milk flowing too fast.
- When baby rests during the feed remove the teat or lower the bottle to cut off the flow of milk.
- Do not force your baby to take more milk than they need, this can cause overfeeding.

Further information including advice on using formula when you are out and about can be found on:

<https://raisingchildren.net.au/newborns/breastfeeding-bottle-feeding/bottle-feeding/formula-making-storing-transporting>

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ARTIFICIAL FEEDING

Preparing Infant Formula

1. Always wash your hands prior to preparing your baby' formula and ensure formula is prepared in clean area.
2. Wash bottles, teats, caps and knives – **paying careful attention to grooved areas**- sterilise by an approved method (see factsheet *Cleaning and Sterilising infant feeding equipment*).
3. Boil fresh tap water and allow it to cool until lukewarm – to cool to a safe temperature allow water to stand 30minutes. In places with a clean water supply – Australian Standards – hot water urns may be used if the supply of very hot water has not been depleted.
4. Prepare one bottle at a time prior to feeding.
5. Read instructions on tin to check amounts of water and powder needed. This may vary between different formulas
6. Add water to bottle first before powder
7. Pour the correct amount of cooled boiled water into a sterilised bottle.
8. Add the correct amount of formula to water using scoop provided in can. Scoop sizes vary between formulas.
9. Fill the scoop with powder. Level off using indwelling device provided or back of a sterilised knife. The scoop should be lightly tapped to remove air bubbles.
10. Take care to add the correct number of scoops to the water in the bottle – do not add half scoops or extra scoops.
11. Keep the scoop in the can when not in use. Do not wash the scoop as this can add moisture to the can of formula.
12. Place the teat and cap on the bottle and shake until powder has dissolved.
13. Test the temperature prior to feeding your baby by placing a few drops on the inside of your wrist – it should feel just warm
14. After feeding any leftover formula must be discarded
15. A feed should take no longer than 1 hour – and formula that has been at room temperature for longer than 1 hour should be discarded

Reference: NHMRC Infant feeding Guidelines 2015