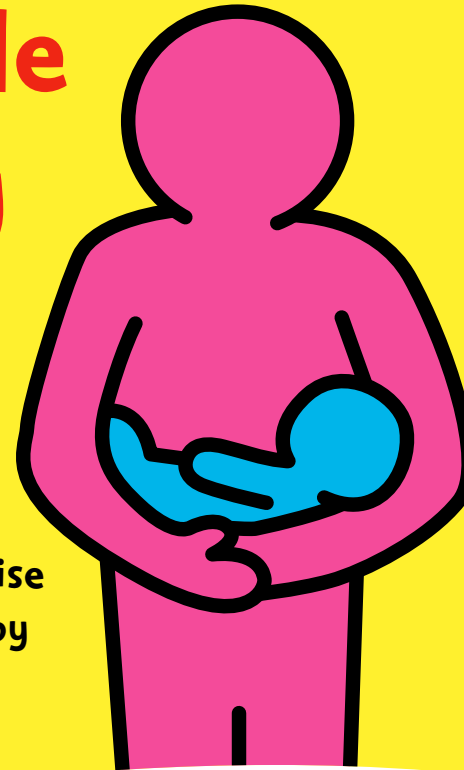




# guide to bottle feeding

how to prepare  
infant formula and  
sterilise feeding  
equipment to minimise  
the risks to your baby



The Baby Friendly Initiative



- Several different types of sterilising equipment: cold water sterilising solution; steam sterilising (microwave or electric) and sterilising by boiling.
- Refer to yellow 'Start 4 Life' bottle feeding booklet for further information about the different sterilising methods.
- When ready to sterilise ensure hands are thoroughly washed with soap and water and surfaces cleaned with hot soapy water.
- All equipment used during bottle feeding needs to be sterilised.



- Feeding cues – rooting, fist to mouth, moving head around, making noises – ‘last resort’ crying.
- Keeping baby close to read the cues.
- It is possible to over feed a formula fed baby so look out for the signs that your baby has had enough.
- If your baby stops crying when you pick your baby up or talk to your baby it is unlikely that your baby is hungry.



- Discuss benefits of skin to skin
- Use skin to skin to keep baby calm whilst waiting for feed to cool
- Feeding time is an important time for you and your baby to bond and develop a close relationship. Experts advise that you limit the number of people involved in giving the feeds.



- Wash hands thoroughly with soap and water
- Make sure surfaces are clean to reduce the risk of infection.
- Ensure that you make a bottle up at each feed to reduce risk of infection.





- Fill kettle with at least 1 litre of cold tap water
- Boil and leave to cool for no longer than 30 minutes
- When water is cool, if using cold water steriliser, shake off excess solution from bottle and teat, rinse with cool boiled water.



Fill kettle with at least 1 litre of cold tap water



- Stand sterilised bottle on clean surface
- Teat and cap on upturned lid of steriliser
- Following manufacturer instructions and add the correct amount of water into the bottle.
- Double check at eye level that the water level is correct.
- **ALWAYS ADD WATER TO BOTTLE FIRST BEFORE THE FORMULA.**



- Choose the type of formula you wish to use - needs to be first milk or stage 1 at this point.
- Stage 1 / first milks are the only milks appropriate for babies under 6 months of age.
- Refer to manufacturers guide as to how much formula is needed
- Loosely fill the scoop with baby formula
- Level scoop using a clean dry knife or leveller provided.
- Add to the water
- **DIFFERENT MANUFACTURERS USE DIFFERENT SCOOPS/ MEASURES ONLY USE THE SCOOP THAT IS PROVIDED WITH YOUR BABY FORMULA.**



**key fact**  
Unless your doctor or health visitor gives you different advice, first infant formula is the only type of formula your baby needs until they are one year old.

- Ensure teat and cap are securely screwed onto bottle
- Hold bottle under cold running water moving the bottle round to make sure the formula is cooling all over.
- Don't let water go on cap or teat
- Test the temperature of the infant formula on the inside of your wrist
- Formula should be body temperature
- **UNUSED FORMULA LEFT AFTER A FEED SHOULD BE THROWN AWAY AFTER 2 HOURS.**
- **NEVER WARM FORMULA IN THE MICROWAVE AS THIS COULD CREATE 'HOTSPOTS' IN THE MILK**





- Hold baby skin to skin and maintain eye contact- helps baby recognise you and your smell.
- Baby may need short breaks during feed and may need to burp sometimes- this is great way of dad to do skin to skin!
- To wind hold baby upright and gently rub or pat their back to bring up the wind. This can be done during or after a feed.



- Clean the feeding bottle and teat in hot soapy water as soon as possible after each feed, using a clean bottle brush.
- Rinse all of the equipment in clean cold running water before sterilising.

