



Bottle Feeding ... What you should know

Common mistakes:

'I have sterilised the bottles by **rinsing** them with boiling water'

'I use **boiling** water to make the formula – it will kill all the germs'

'**First** I put 1 scoop of **formula** into the bottle and then pour boiled water up to number 60 marked on the bottle'

'I mix 40ml of water and **2/3 scoop** of formula'

'I feed my baby **whenever he/she cries**' (but without checking for other reasons the baby cries, e.g. needing a clean nappy or needing to bring up wind)

'I feed him/her as much as she wants and save the leftover milk in the bottle until later'

Do:

- Sterilise bottles and utensils correctly (boiling, steam, chemical solution)
- First, pour correct amount of boiled water into sterilised bottle, allow to cool
- Add correct number of scoops into the bottle
- Make sure that the proportion of water to formula is correct as in instructions on the can or leaflet provided (i.e. S26: 1 level scoop to 60 ml luke-warm boiled water)
- Hold the baby while feeding
- Wind the baby after feeding
- Give enough amount of formula for one feed as baby needs
- If baby can't finish the bottle, discard the leftovers

Do Not:

- Rinse bottle with boiling water only – this will not sterilise the bottle enough
- Rinse the bottle with tap water after sterilising with chemical solution
- Use hot boiling water to make formula, it will destroy all vitamins in the formula
- Put the formula in the bottle first – this will make you add the incorrect amount of water, and may lead to constipation or malnutrition
- Estimate the formula needed (1/4, 1/2, 3/4 scoop) -, it's not the correct amount.
- Lay the baby down to feed him/herself with the bottle propped up. It may cause choking.
- Feed baby small amount over short periods. This will make him/her feed more often and be unable to settle
- Feed baby the leftovers of the last feed - it will cause gastroenteritis