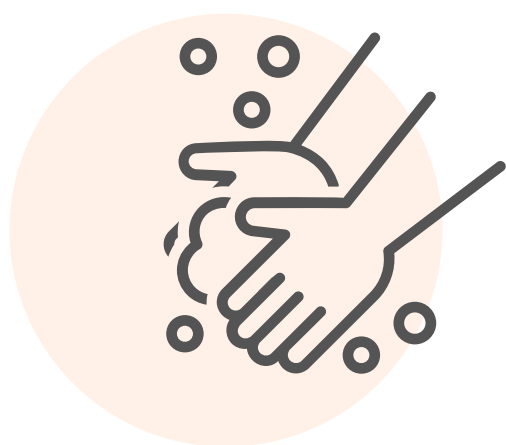
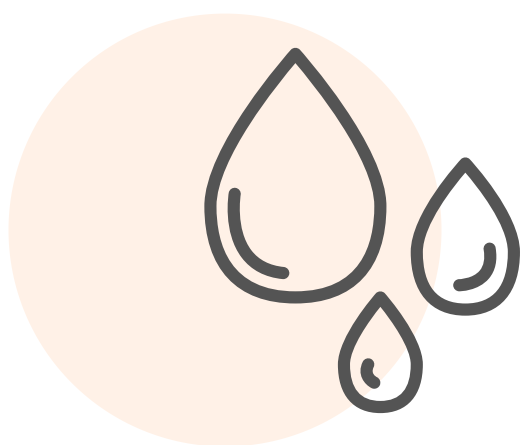


Formula Feeding Basics



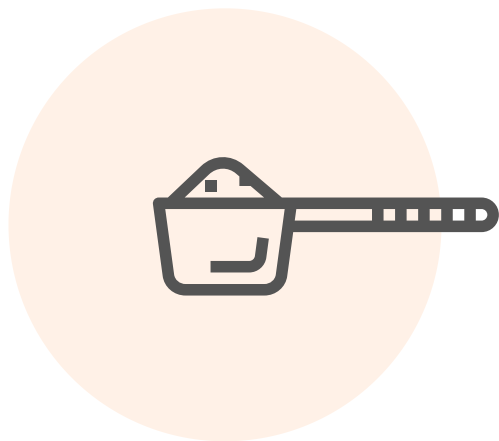
Wash

Powdered formula is not sterile! To reduce the risk of bacterial contamination, always wash your hands before preparing formula.



Water

The CDC recommends using boiled water, however the AAP says most babies can use bottled distilled or filtered tap- check with your ped! Always add water to the bottle FIRST, before powder.



Level

A level, unpacked scoop should be brought up from the tin and leveled with a knife. Do not tap the scoop as this will cause the powder to "pack"!

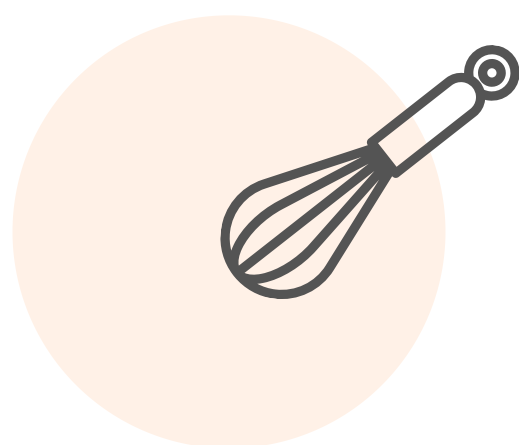
Add

The only thing that should go in your baby's bottle is water and formula. Do not add cereal, baby food, or oatmeal unless advised by your ped.



Stir

Shaking the bottle to mix the powder creates bubbles-- this can cause your baby to have excess gas. Stir instead of eliminate those bubbles!



Store

Prepared formula is good for up to 24 hours in the fridge or 2 hours at room temp.

Feed

Formula must be used within the hour once a feeding has started.