

# Feeding Your Baby

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## Bottle Feeding Tips: Part 1

Follow the label directions carefully when preparing formula. Washing all bottles and equipment is essential.

### Cleaning Baby Bottles

- Wash your hands with soap and hot water.



- Wash bottles, nipples, and covers with hot, soapy water. Use a brush to scrub the inside clean.
- Rinse and allow to air dry.
- DO NOT reuse disposable liners.

### Sterilizing Bottles

Boil in water in a covered pan for 5 minutes. Start timing the 5 minutes after the water begins to boil.

### Mixing Formula in the Bottle

- FOLLOW LABEL DIRECTIONS for mixing of dry or concentrated formula with water.
- Wash the top of the formula can and the can opener before opening.
- Boil tap water for 5 minutes and cool for formulas that need added water during the first 2 months.

### Easy and Safe Method

- Premeasure just enough water for one feeding into clean bottles and cap. Add powdered formula just before feeding.

### Storing Formula

- Liquid: Keep the opened can of formula covered in the refrigerator.
- Powdered: Keep the formula in a cool, dry place such as a cabinet.

### No Refrigerator?

Use powdered formula and make only 1 bottle as needed.



**Suggested Readings:**

Gerber (1994). *Mealtimes*. Freemont, MI: Author.

Lambert-Lagace, L. (1991). *Feeding your baby: from conception to age two*. Emeryville, CA: Surrey Books.

**Reference List:**

American Academy of Pediatrics (1993). *Pediatric nutrition handbook*. Elk Grove Village, IL: Author.

Fomon, S.J. (1994). Pay attention to your baby's appetite to avoid overfeeding or underfeeding. Part I: Establishing habits of eating in moderation. *Pediatric Basics*, 69, 8-10.

Greenspan, S. (1994). Pay attention to your baby's appetite to avoid overfeeding or underfeeding. Part II: Mealtime communication. *Pediatric Basics*, 69, 11-13.



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