



## PEDIATRIC ASSOCIATES OF ELIZABETHTOWN, PLLC

### **Bottle Feeding**

If you elect not to breast feed your baby, there are several commercial infant formulas available, which provide excellent nutrition for infants in the first year of life. These formulas are made from a cow's milk base, which is modified to closely resemble human breast milk. We recommend starting your infant on an iron-fortified formula such as Similac. Store-branded formulas, even though the ingredients listed may seem similar, are not usually as good for baby. Occasionally infants show an intolerance to cow's milk and need a milk-free substitute such as soybean-based formula. Soy formulas such as Isomil Advance are also sometimes used in infants from highly allergic families. Please consult with our office BEFORE changing formulas.

Infant formulas come in a variety of forms—powders, concentrated liquid, Ready-to-Feed cans, and even Ready-to-Feed bottles. The most convenient type is naturally the most expensive. You may find it easier to start with the Ready-to-Feed form at first, while you are getting adjusted to the new routine. Afterwards, the concentrated liquid or powder would be more economical. Also Ready-to-Feed formula lacks fluoride so if your baby is to remain on it, he will need a fluoride supplement. You should mix formula with tap water unless you get water from a well. If you have well water, then use nursery water, which contains fluoride, or bottled water and fluoride supplement. Remember that your baby should be kept on an infant formula throughout the first year of life. When feeding your baby remember to always hold the baby in an upright position and NEVER prop the bottle.



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### **Preparation of Formula**

It is very important that you prepare the formula exactly as stated in the directions. Feeding your infant too concentrated or too diluted formula could cause very significant problems such as dehydration or seizures. You can prepare enough bottles at one time for 24 hours and store them in the refrigerator. Always clean the top of the cans thoroughly before opening.

For Ready-to-Feed: pour formula into individual bottles. No additional water is needed.

For Concentrate: mix 13 oz. (one can) of concentrate with 13 oz. water, and then pour into individual bottles of about 4 oz. each.

For Powder: use 2 level scoops of powder for every 4 oz. of water.

### **Sterilization**

It is no longer felt that sterilization of bottles is necessary. Cleaning your bottles and nipples thoroughly in very hot water or in the dishwasher, with special care to remove any dried milk particles, is all you need to do. Formula should be promptly refrigerated after preparation. Partially used bottles should be discarded. Do not keep even refrigerated formula for more than 24 hours after preparation.