

Commonly Asked Questions About Bottlefeeding Your Baby

Q: What is the best way to feed my baby a bottle?

A: Wash your hands before feeding your baby. Hold your baby in a comfortable, upright position. Look into your baby's eyes—feedings are a time for bonding.

Q: How much breastmilk or formula do I feed my baby and how often?

A: Newborns only drink a few ounces at a time. They need to be fed small amounts of breastmilk or formula often during the day and night because their stomachs cannot hold large amounts of liquid. The amount babies drink changes as they grow older and begin to eat solid foods. Here is a guide:

0-1 months	12-32 ounces/day
1-4 months	20-35 ounces/day
4-6 months	27-49 ounces/day
6-8 months	27-32 ounces/day
8-12 months	24-32 ounces/day

All babies have different feeding times. Review your baby's feeding pattern with your WIC nutritionist, doctor or nurse.

Q: How will I know when my baby is full?

A: Your baby may turn away from the bottle, shut his/her lips or fall asleep. It is normal for babies to spit up a little breastmilk or formula after a feeding. While excessive spit-up could be a sign of overfeeding, you should check with your nutritionist, doctor or nurse.

Q: Do I need to warm a bottle?

A: Some babies do not mind drinking cold bottles of breastmilk or formula. If you choose to give your baby a warm bottle, warm the bottle in a pan of hot water or under hot, running water. Gently shake or mix, then test a few drops on your wrist to make sure it's not too

hot. Do not microwave, since microwaving can create hot spots in the bottle that can burn the baby's mouth. Microwaving can also destroy nutrients and protective factors in breastmilk.

Q: When should I burp my baby?

A: Every baby is different. You should burp your baby half way through a feeding or after every ounce and again when the feeding is over. Burping makes your baby more comfortable by getting the air out of his/her stomach. If there is a lot of spit up, you may need to burp your baby more often.

Q: Should I give my baby water?

A: Babies under 6 months old should not be given water. Older babies may need a little water in certain situations, such as hot weather. If your baby is sick, ask your doctor before offering water.

Q: Should I put anything in the bottle besides breastmilk or formula?

A: Breastmilk and formula are the only things that should go in a bottle. Older babies who drink juice should learn to drink juice from a cup. If you are giving both expressed breastmilk and formula, it is best not to combine them in the same bottle. Offer breastmilk first, and then formula if you have run out of expressed milk.

Q: What kind of nipple should I use?

A: Newborns should start with a one hole nipple and progress to more holes as the baby gets older, develops a stronger suck, and requires more liquids per day. Avoid cutting, enlarging or adding holes to a baby bottle nipple. These kinds of nipples and feeders can cause choking, overfeeding and excessive intake of air, which can lead to gas or colic.

Q: Until what age should my baby use a bottle?

A: You can begin to give your baby sips of expressed breastmilk or formula in a cup around six months. WIC recommends that your baby drink mostly from a cup by 12 months of age and is off bottles completely by 14 months.

Q: How do I Prepare Formula?

Follow the instructions on the other side for safe formula preparation

Safety & Storage

For concentrated and powdered formula

- Always wash your hands before making formula.
- Use clean bottles, nipples, mixing containers and utensils.
- Run tap water for 1-2 minutes or until cold to the touch. Never use hot water from the faucet.
- Up until your baby is four months old, boil both tap or spring water for one minute after water has come to a rolling boil. Let water stand until it is warm to the touch.
- Refrigerate prepared formula for up to 24 hours. Refrigerate open cans of concentrate formula for up to 48 hours.
- Only put the amount of formula that your baby usually drinks in the bottle. After feeding throw away any leftover formula. Do not store or re-use it!

Note: If you use spring water or your own well water, ask you doctor about fluoride supplements.

Preparing Powdered Formula

1. Store scoop, found in can, separate from powder. Clean scoop with hot water after each use.
2. Powder should be loosely piled in scoop or cup. Do not pack powder. This will cause formula to be over-concentrated.
3. Measure amount of powder needed and add powder to water.

Water (ounces) + Powder + Formula

If mixing small amounts of formula in a bottle:

- 2 ounces + 1 scoop = 2 ounces
- 4 ounces + 2 scoops = 4 ounces
- 6 ounces + 3 scoops = 6 ounces

If mixing large amounts of formula in a container:

- 29 ounces + 1 cup = 32 ounces

Always cover and refrigerate until ready to use.

If your doctor has prescribed a special formula, be sure to follow the special instructions on the formula can.

Preparing Concentrated Formula

1. Rinse top of can.
2. Shake can well before opening.
3. Pour formula into a clean container, such as a glass container.
4. Add the same amount of water to the same container.
5. Stir formula.
6. Pour mixed formula into bottles, or leave in covered container, and store in refrigerator until ready to use. Use opened can of concentrate formula within 48 hours.

Example: 1 can (13 oz) concentrate + 1 can (13 oz) water = 26 ounces of formula

If you have any other questions about bottlefeeding, call or ask your WIC nutritionist, doctor or nurse.

1-800-WIC-1007



WIC Nutrition Program • 1-800-WIC-1007
Nutrition Division • MA Department of Public Health
www.mass.gov/wic • TDD/TTY: 617-624-5992

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Form # 278

Bottlefeeding

Basics

