

- Is hard for baby to digest
- Is hard on baby's kidneys
- Does not have all the nutrients he needs to grow and develop
- May cause baby to have anemia (weak blood) as it may cause bleeding in the stomach

(Don't add cereals, juice, tea, sugar or honey)



You can start to switch the bottle for the cup when your baby is 9 months old.

A good goal is to stop giving the bottle by baby's first birthday.

“Sippy cups” are not necessary. If you choose to use them, let baby drink from them only when she sits at the table.

Don't let baby walk around holding and drinking from a bottle or "sippy cup".

If she does, she can:

- Drink more than she *needs* and gain too much weight.
- *Get cavities* in her teeth.



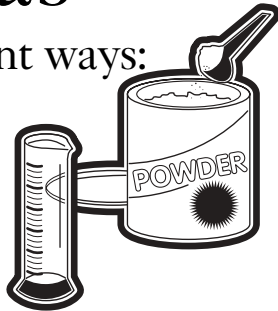
Formula and Bottle-feeding



Formulas

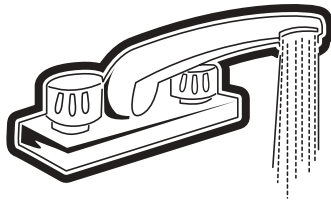
come in 3 different ways:

1. Ready-to-serve liquid
2. Liquid concentrate
3. Powder



Once they are mixed and prepared, all 3 are the same. So you can choose by price (ready-to-serve formula is the most expensive), or by convenience (powdered formula is the easiest to carry).

Always buy the iron-fortified version of your chosen formula.



How to give formula

- ▶ Warm the bottle in hot water for 1-2 minutes
- ▶ Milk should not be warmer than body temperature (You can check this by putting a few drops of milk on the back of your hand or inside of your wrist.)

How to prepare formula



First, wash your hands well.

Wash bottles, nipples and utensils in hot soapy water.

Sterilize water by boiling it for 10 minutes in a pot, (1 minute for bottled water). Tap water can be used if your baby is over 4 months old.

Allow boiled water to cool.

Rinse the lid of the formula can before opening.

Ready-to-serve formula:

Pour formula directly into clean bottles. **Storage:** In the fridge, prepared bottles and the leftover ready-to-serve formula are good for up to 2 days.

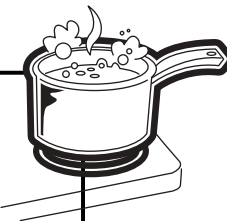
Concentrated formula:

Measure concentrated formula and add the **SAME AMOUNT** of sterilized water. **Storage:** In the fridge, prepared bottles and the leftover concentrated formula are good for up to 2 days.

Powdered formula:

Follow mixing instructions carefully and use sterilized water. **Storage:** In the fridge, prepared bottles are good for up to 2 days. In a dry place, the opened powdered formula cans are good for up to one month

**Don't use a microwave oven to warm milk.
The milk heats unevenly and can cause burns.**



Be careful:

- ▶ Milk that has been warmed up can never be put back into the fridge for later
- ▶ Baby must drink warmed milk within an hour or it must be thrown away
- ▶ If baby doesn't finish her bottle, the leftover milk must be thrown away (otherwise germs from her mouth can grow in the milk)