How to make infant formula

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- Always prepare formula on a clean surface.
- Wash your hands with soap and water, and dry thoroughly.
- Use sterilised equipment including bottles, teats, and a knife to measure formula.
- Use tap water that has been boiled and cooled to room temperature.



2 // POUR THE RECOMMENDED AMOUNT

of water in the bottle (before adding the formula).

Always follow the instructions on the formula tin, to ensure your baby is getting the correct amount of nutrients and water.





3 // ADD THE INFANT FORMULA POWDER

- Only use the scoop that comes with that tin.
- Add the recommended number of scoops for water used.
- Lightly tap each scoop and use a sterilised knife to level the scoop (powder does not need to be pressed down).
- Re-seal the opened formula tin and store in a cool dry place.
- Do not add extra formula powder or foods, e.g. honey, cereal, or biscuits, to the bottle.
- Do not dip bottle teats in honey, sweet foods or alcohol.



4 // MIX WELL

- Place the teat and cap on the bottle and shake until the powder is well dissolved (without lumps).



5 // BEFORE FEEDING

- Test the temperature of the milk on the inside of your wrist. It should feel slightly warm, not hot.
- Never use a microwave to warm the bottle. It can heat unevenly and burn your baby's mouth.

6 // AFTER FEEDING

- Throw away any left-over milk in the bottle or after the bottle has been at room temperature for 1 hour. This is due to the risk of harmful bacterial growth.



7 // WASH AND STERILISE ALL EQUIPMENT including bottles, teats, and knives.

- Separate all parts of the bottle from the teat, collar and cap before sterilising.
- Wash in hot soapy water with a bottle brush and rinse.
- Options for sterilisation: boil in water for 5 minutes, use anti-bacterial solution, steam sterilisers or microwave steam sterilisers.

SAFETY TIPS

- Follow the tin's storage instructions.
- Check the use by date on the formula tin.
- Throw away open formula tins after 1 month.
- Not boiling water or using unsterilised bottles or equipment could make your baby sick.
- Make each bottle as close to your baby's feed time as possible.

If you need support with infant formula feeding, ask your Midwife, General Practitioner or Child Family Health Nurse for information and help.

FOR MORE INFORMATION VISIT

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