

Bottle-Feeding Basics

- **Wash your hands before making formula. Wipe the top of the formula can before opening.**
- **Wash bottles and nipples in hot, soapy water.** Use a brush to clean well. Rinse everything with hot water. Set on a towel to air dry.
- **Run cold tap water for a couple of minutes before using it for formula.** Bottled or infant water is not necessary. If you are using well water, make sure it has been tested to be safe. Recommendations are to boil water used for formula for two minutes and let it cool (no more than 30 minutes) before mixing it with formula until your baby is 3 months old.
- **To make powdered formula, put 2 ounces of water in the bottle and one scoop of formula.** Measure water first, then add formula. Shake well.



- **Mix the amount of formula your baby will drink at a feeding.** Throw away any formula left in the bottle after a feeding. Germs can grow easily in the formula that is left in the bottle.
- **Warm a bottle by running hot tap water on it.** Do not use the microwave. It can create hot spots in the formula that can burn your baby.
- **Babies get enough water in their formula, so bottles of plain water are not necessary.**
- **Some spitting up is normal.** If you are concerned about how much your baby is spitting up, talk to your doctor or WIC nutritionist.
- **Wait until 6 months to start cereal or baby food.** Feeding cereal or baby food will not help him sleep through the night and might cause allergies later. Do not put cereal in the bottle. At six months, start with infant cereal fed with a spoon – try rice, oatmeal or barley.

How much will my baby eat?

Newborn babies eat about every two to three hours and drink about two to three ounces at each feeding. This comes to about 16 to 20 ounces of formula in 24 hours. Allow your baby to decide how much he will eat. Your baby will let you know when he is full. As your baby grows, he will eat more and may go longer between feedings.



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