



Formula Feeding

- Wash hands before preparing baby's bottle. Clean and sanitize the area where you will be mixing the formula.
- Bottles and nipples should be cleaned and sanitized.
- Formula does not need to be warmed before feeding your baby. If your baby prefers warm formula, always use warm/hot water to warm up the formula; never use a microwave.
- Microwaving bottle may lead to "hot spots" in the formula, which can burn your baby's mouth and throat.
- Run warm to hot water over the bottle for a few minutes or allow bottle to sit in a bowl of warm water; avoid getting the nipple wet. Use the back of your hand to test the temperature and make sure it is not too hot.

If using powdered infant formula:

- Use water from a safe source; for infants under 3 months, the water should be boiled for about a minute and allowed to cool to room temperature before using in a bottle. Distilled or purified water can be purchased and used to mix formula.
- Follow the instructions on your formula container to measure for a bottle, always adding water first, and then the powder.
- Allow 15-30 minutes to finish bottle. Prepared formula should be used or refrigerated within one hour.
- If your baby does not drink all the formula prepared, it should be thrown away. Do not save it for later because bacteria could form in the bottle making your baby sick.
- Formula may be prepared ahead of time and stored in refrigerator for up to 24 hours.
- Open cans of formula have a 30-day shelf-life. Write the open date on the lid, and if there is any left after 30 days, throw it away.

VOLUME GUIDE FOR FORMULA FEEDING

AGE	AVERAGE QUANTITY TAKEN PER FEEDING	AVERAGE NUMBER OF FEEDINGS PER 24 HOURS
0-4 months	2-4 oz.	8-12 feedings
4-6 months	6-8 oz.	4-6 feedings
6-8 months	6-8 oz.	3-5 feedings
8-12 months	6-8 oz.	3-4 feedings

As infants grow, their ability to consume a greater volume and variety of food increases. Newborns need small, frequent feedings, whereas older infants can consume more volume at once and require fewer feedings. Watch your baby for cues he/she is hungry and ready for another bottle.

Initially, you can feed your baby formula on demand, when he/she cries or shows signs of hunger. Your baby will drink 2-3 oz. every 2-4 hours the first few days of life. By the end of the first month, you will have a better idea of your baby's feeding schedule. During the first few weeks of life, if your baby is sleeping five hours and missing feedings, be sure to wake him/her up to feed.

On average, for every pound of body weight, your baby should take in about 2 ½ ounces of formula per day. Remember every baby is different, and let your baby tell you when he or she has had enough, babies are very good at self-regulation. When your baby turns away, is distracted or fidgety they are likely done with the feeding. If your baby wants more than 32 oz of formula in 24 hours, they may have a higher need for sucking, however you should discuss your baby's feeding schedule with your pediatrician.

CHOOSING A FORMULA

The US Food and Drug Administration (FDA) regulates all infant formula sold in the U.S. to ensure it meets nutritional and safety requirements. Most pediatricians will recommend using a formula that is iron fortified. There are many commercial formulas available for purchase, and one brand or type of formula is not best for all babies. Talk with your child's doctor about what formula is best for your baby. When purchasing the formula, be sure the container is sealed, is not expired, and is developed for infants.

The American Academy of Pediatricians and the FDA caution the use of homemade infant formula recipes. Homemade recipes may not have the appropriate vitamins, minerals, nutrients, or calories to support your baby's growth or nutrition needs during the first year of life. Additionally, homemade formula increases the risk of contamination and your baby may get sick.



TYPES OF FORMULAS AVAILABLE

Cow milk protein-based formulas: Most formulas sold in the U.S. is made with cows milk and have been altered to resemble human breast milk, giving the formula the right balance of nutrients to support infant growth and digestion.

Examples: Enfamil Premuim, Similac Advance, Gerber Good Start

Cow milk protein-based formula with reduced lactose: These formulas are 100% lactose free or have about 1/5 the lactose as standard cow milk protein-based formulas. The milk proteins are partially broken down for easier digestion and used to reduce fussiness, gas bloating, or diarrhea.

Examples: Enfamil Gentlease, Similac Sensitive, Gerber Good Start SoothePro

Soy based formulas: Soy based formulas can be used if you want to exclude animal products from your baby's diet. Soy based formulas can be a good option if your child has an allergy or intolerance to cow milk or lactose.

Examples: Similac Soy Isomil, Enfamil Prosobee, Gerber Good Start Soy

Protein Hydrolysate formulas: Formulas with completely or partially broken down (hydrolyzed) cow milk or soy proteins are for easier digestion. Protein hydrolysate formulas are used for babies with who do not tolerate cow's milk-based formulas or soy formulas. Extensively hydrolyzed formulas can be a good option for babies with a protein allergy.

Examples: Similac Alimentum, Nutramigen, Pregistimil

If you suspect your baby has an intolerance or allergy always discuss the best formula for your baby with your pediatrician.

Keep in mind, it does not matter if you are formula feeding or breast feeding your baby, all babies are different and follow a unique schedule or feeding pattern. The information provided here are guidelines only. Always check with your child's pediatrician to make sure he/she is growing and development appropriately.

The information contained here within is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

If you think you may have a medical emergency, call your doctor, go to the emergency department, or call 911 immediately. GemCare Wellness (GCW) does not recommend or endorse any specific tests, physicians, products, procedures, opinions, or other information that may be mentioned here within. Reliance on any information provided by GCW, GCW employees, contracted writers, or medical professionals presenting content for publication here within is solely at your own risk.

Resources:

1. <https://www.womenshealth.gov/breastfeeding/learning-breastfeed/making-breastmilk>
2. <https://www.healthychildren.org/English/ages-stages/baby/formula-feeding/Pages/Amount-and-Schedule-of-Formula-Feedings.aspx>
3. <https://www.lli.org/breastfeeding-info/frequency-feeding-frequently-asked-questions-faqs/>
4. <https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/how-much-and-how-often.html>

V172021