

bottle feeding



The information in this leaflet
will help you to bottle feed
your baby safely.

The cleaning and sterilising instructions apply, whether
you are using expressed breast milk or infant formula milk.



All the equipment used for feeding your baby needs to be sterilised.

By sterilising your feeding equipment, you will reduce the chance of your baby getting sickness and diarrhoea.

how to sterilise

clean and rinse

Clean the bottle and teat in hot soapy water as soon as possible after a feed, using a clean bottle brush.

Rinse all your equipment before sterilising.





cold water sterilising

Follow the manufacturer's instructions.

Change the sterilising solution every 24 hours.

Leave feeding equipment in sterilising solution for at least 30 minutes.

Make sure there is no air trapped in the bottles or teats when putting them in the sterilising solution.

Keep all the equipment under the solution with a floating cover.



steam sterilising

Follow the manufacturer's instructions.

Make sure the openings of the bottles and teats are facing down in the steriliser.

Any equipment not used straight away should be re-sterilised before use.

making up a feed



Before making up a feed, clean the surface you are going to use.



It's really important that you **WASH YOUR HANDS.**



If you are using a cold water steriliser, shake off any excess solution from the bottle and the teat or rinse the bottle with cooled boiled water from the kettle.



Stand the bottle on a clean surface.

Keep the teat and cap on the upturned lid of the steriliser. Avoid putting them on the work surface.

when making up infant formula milk

USE FRESH TAP WATER TO FILL THE KETTLE.
AFTER IT HAS BOILED LET THE WATER COOL.

ALWAYS PUT THE COOLED BOILED
WATER IN THE BOTTLE FIRST.





ALWAYS CHECK THE WATER LEVEL IS CORRECT. FOLLOW THE MANUFACTURER'S INSTRUCTIONS.



Loosely fill the scoop with milk powder and level it off without compacting it. Only use one scoop of powder to 30mls or 1oz water.



ADD THE MILK POWDER TO THE WATER. Making up a feed with too much powder can give your baby constipation.



Holding the edge of the teat, put it on the bottle. Screw the retaining ring onto the bottle.

Cover the teat with a cap. Shake the bottle until the powder is dissolved.



If you are making up more than one feed at a time, use individual bottles.

Do not use a jug.



Store made up bottles in the coldest part of the fridge (5°C). Do not keep for more than 24 hours.

feeding your baby



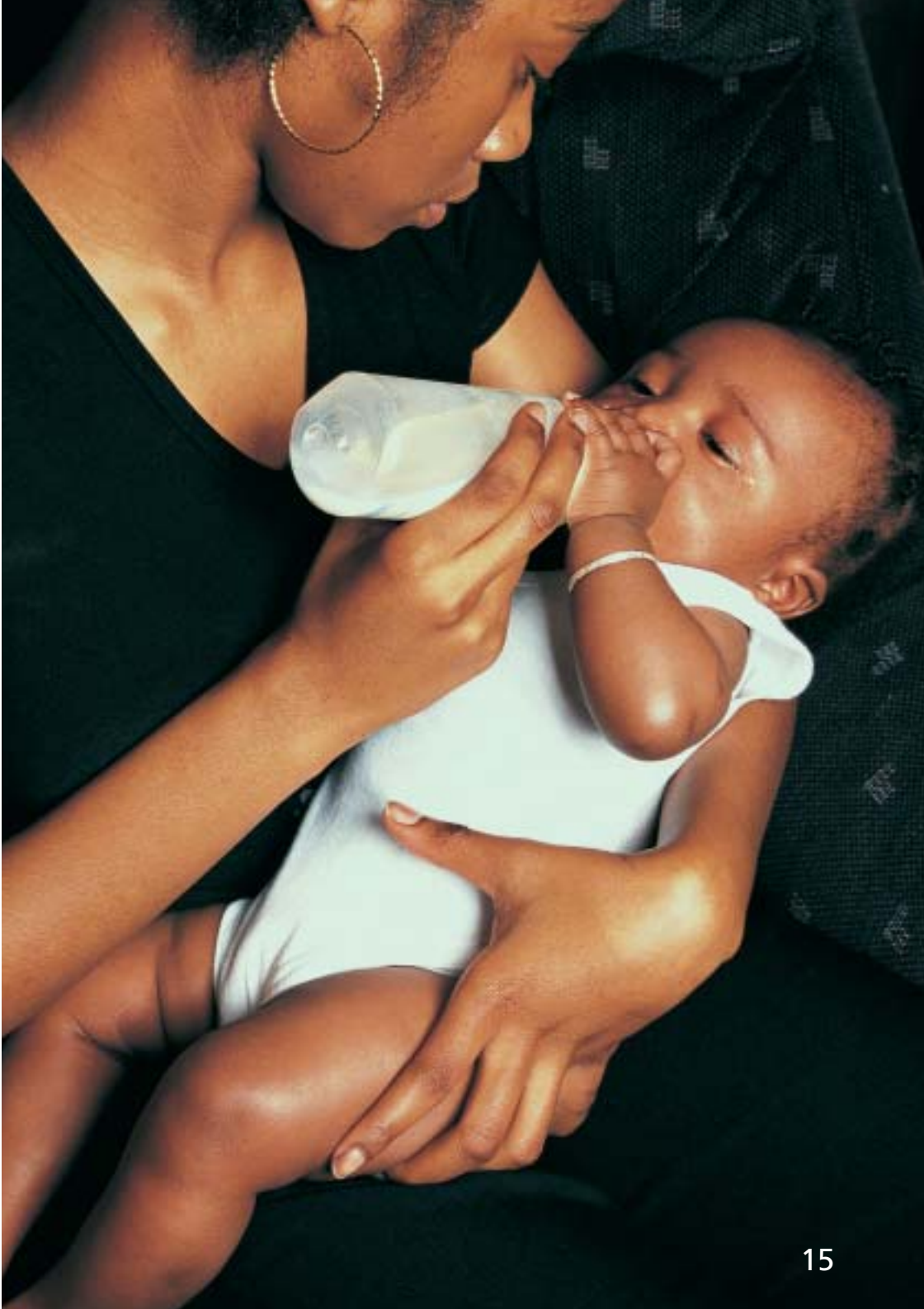
If you want to warm your baby's milk stand the bottle in hot water.

Heating the milk in a microwave oven is dangerous as the milk continues to heat up after it has been taken out.

Test the temperature of the feed by dropping a little onto the inside of your wrist.

When feeding your baby keep the teat full of milk, otherwise your baby will take in air.

THROW AWAY ANY LEFT OVER MILK.



Breastmilk is the best form of nutrition for infants.

Exclusive breastfeeding is recommended for the first 6 months (26 weeks) of an infant's life, as it provides all the nutrients a baby needs.

Six months is the recommended age for weaning babies.

When weaning your baby, carry on breastfeeding (and/or bottle feeding) beyond the first six months.

If you are unable to, or choose not to, follow these recommendations, make sure to get advice from your health visitor or doctor.

**Breastfeeding is the healthiest start you can give your baby.
Giving formula milk to a breastfed baby can make breastfeeding harder.**

**If you stop breastfeeding, it can be difficult to re-start.
Look after yourself by eating a healthy diet.**

For information and advice about feeding your baby please ask your midwife, health visitor or general practitioner.

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