

BOTTLE FEEDING BASICS



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HOLD INFANTS DURING FEEDING



DON'T PROP BABY BOTTLES!!

PROPPING A BOTTLE CAN:

1. CAUSE CHOKING OR SUFFOCATION
2. INCREASE EAR INFECTIONS
3. CONTRIBUTE TO TOOTH DECAY
4. DEPRIVES THE BABY OF IMPORTANT CUDDLING, HUMAN CONTACT, AND OPPORTUNITY TO DEVELOP TRUST
5. CONTRIBUTES TO SPEECH PROBLEMS LATER ON

BOTTLE FEEDING

1. FOLLOW MIXING INSTRUCTIONS:
 - ADDING TOO LITTLE WATER STRESSES BABY'S KIDNEYS AND DIGESTIVE TRACT
 - ADDING TOO MUCH WATER CAUSES MALNUTRITION AND FTT
2. USE WATER FROM A SAFE SOURCE OR BRING WATER TO A ROLLING BOIL FOR 1 TO 2 MINUTE, THEN ALLOW TO COOL
3. PREPARED FORMULA SHOULD NOT BE LEFT OUT OF THE FRIDGE LONGER THAN 2 HOURS
4. DISCARD LEFTOVER FORMULA AFTER FEEDING
5. NEVER USE A MICROWAVE TO HEAT FORMULA – PLACE IN WARM WATER BATH FOR 5 TO 10 MINUTES

HANDLING FORMULA

1. UNOPENED CANS OF FORMULA SHOULD BE STORED IN A COOL DRY PLACE – NOT OUTSIDE OR IN THE FRIDGE
2. CHECK EXPIRATION DATES AND DISCARD EXPIRED FORMULA
3. OPENED LIQUID FORMULA CAN BE STORED IN THE FRIDGE FOR 48 HOURS
4. PREPARED FORMULA CAN BE STORED IN THE FRIDGE FOR 48 HOURS
5. OPENED POWERED FORMULA CAN BE USED FOR A MONTH



FORMULA INTOLERANCE

- SYMPTOMS INCLUDE EXCESSIVE SPITTING UP COMBINED WITH CONSTIPATION OR DIARRHEA AND INADEQUATE WEIGHT GAIN
- SWITCH TO SOY FORMULA
- AND OTHER SPECIAL FORMULAS:
 - PARTIALLY HYDROLYZED PROTEIN FORMULA
 - EXTENSIVELY HYDROLYZED PROTEIN FORMULA – INDICATED FOR INFANTS WITH ATOPIC DERMATITIS OR MALABSORPTION SYNDROMES



WHEN TO STOP BOTTLE FEEDING



DRINKING FROM A BOTTLE BEYOND 12 TO 15 MONTHS SHOULD BE DISCOURAGED ...

... IT INCREASES RISK OF:

- IRON DEFICIENCY ANEMIA
- TOOTH DECAY
- OBESITY

**DON'T PUT ANYTHING BUT
FORMULA AND WATER
BOTTLES**

**MILK,
IN BABY**

DID YOU FIND THIS EDUCATIONAL HANDOUT HELPFUL?

PLEASE TAKE A MINUTE TO TELL THE STAFF AT
POSITIVE PATTERNS FOR LIFE, LLC WHAT YOU
LIKED ABOUT THIS EDUCATIONAL HANDOUT.
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THANK YOU FOR YOUR TIME!

