



How Do I Mix My Baby's Formula?



Follow these steps to make your baby's bottles as safely as possible or talk to your doctor about the best way to make your baby's formula.

These guidelines are recommended by the Centers for Disease Control and Prevention.

Cleaning Bottles

Clean and sterilize bottle parts and nipples in a dishwasher with hot water and a hot drying cycle.
If you don't have a dishwasher with hot water and a hot drying cycle, follow these steps:

1



Wash your hands well for 20 seconds with soap and warm water; then dry.

2



Take the bottles apart and wash all the pieces, including the bottle, nipples, caps, rings and valves with hot, soapy water.

Be sure to have a bottle brush that you use only for cleaning bottles and not for the rest of the dishes. Run clean water through each nipple, and then rinse them completely.

Allow items to dry on a clean cloth or paper towel.

3



At least once daily, place bottle parts and nipples in a large pot, cover with water and boil for 5 minutes.

Remove items from pot, place upside down on a clean cloth or paper towel to air dry.

Making the Formula

1



Clean the area where you will prepare the bottles.

2



Wash your hands well for 20 seconds with soap and warm water; then dry.

3



Read the instructions on the formula label to find out how much water and formula you need to mix. Adding more or less formula than required can affect how your baby grows.

Use water from a clean source to mix your formula. If you are unsure if your water is safe to use, contact your local health department.

Protect Against Bacteria

Because powdered formula is not sterile, some babies need a little extra protection. If your baby is younger than 2 months of age, was born prematurely or has a weakened immune system, the following steps are recommended to protect against bacteria that may be in the formula:

1



Powdered formula:

Powdered formula is not sterile, so you need very hot water to kill bacteria.

Heat water to at least 158 F/70 C. To do this, boil the water and then let cool for 5 minutes.

2



Being careful to avoid burns, pour the correct amount of heated water into a clean and sterile bottle.

Add the correct amount of formula right away, attach nipple and ring to the bottle, and shake well to mix.

3



Quickly cool hot formula by holding the bottle under cold running water or by placing it in a bowl of cold water. This will bring it to a safe temperature for your baby.

To warm a cold bottle of formula, place it in warm water for several minutes.

Never microwave your baby's formula.

4



Liquid concentrate formula:

Liquid formula is sterile, so water does not need to be heated. Using water from a safe source, follow mixing instructions on the can. Attach nipple and ring to a clean and sterile bottle. Shake well to mix.

Feeding Your Baby

1 Offer small amounts of expressed breastmilk or formula in a bottle to begin the feeding. You can offer more breastmilk or formula if he is showing signs of hunger when the feeding is done. It is best to start with small amounts until you learn how much your baby eats in a feeding.



Start all feedings by following your baby's signs that he is ready to eat. For example, he may suck on his fingers or turn to look for food with an open mouth.



3 Check the temperature by sprinkling a few drops on your arm to make sure it is not too hot before feeding.

4 Hold your baby close to you with his head higher than the rest of his body. This helps prevent choking and ear infections, and helps your baby control the amount he eats.



5 Hold the bottle so that only the nipple is filled with expressed breastmilk or formula. When he starts to drink more slowly, tip the bottle away to give him a break from feeding. Stop feeding when your baby turns his head away, spits out the bottle nipple or you see milk spilling from around his mouth. When he's done your baby may be awake and quiet with his hands open and relaxed, or he may even fall asleep.



6 Throw out any formula left in the bottle after each feeding. The combination of infant formula and your baby's saliva can cause germs to grow. Throw out any breastmilk that is not used within two hours of feeding.



***Never prop your baby's bottle with a pillow or blanket, or leave your baby alone with a bottle during his feeding.**

Storing Your Formula



- Store unopened infant formula cans in a cool, dry, indoor place – not in cars, garages or outdoors.
- Keep powdered formula lids and scoops on clean areas.
- Close containers of powdered infant formula as soon as possible.
- It is best to use formula within two hours of preparation. If you do not plan to use the prepared formula right away, put it in the refrigerator immediately and use within 24 hours.
- When in doubt, throw it out. If you can't remember when you made the formula, it is safer to throw it out than to feed it to your baby.



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