

- Refrigerate if not using immediately.
- Don't make up more than Baby will drink in one day, it should only be kept in the fridge for 24 hours.



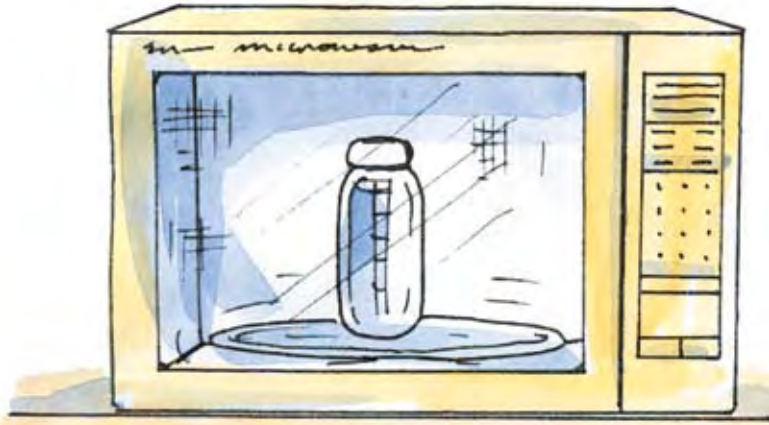
*Half-drunk
bottles should
be thrown out.*

Don't try to save money by cutting down the amount of infant formula you use to make up Baby's bottles.



Don't add other things to formula like baby cereal or custard.

- You can heat the bottle by standing it in a container of warm water. Shake the bottle well before giving it to Baby. This helps to make sure that the formula is heated evenly though the bottle.



- If you use a microwave to heat infant formula, be very careful. Microwaves heat unevenly so heat the bottle in short bursts (five seconds), and shake the bottle well each time to spread the heat evenly. If you don't shake the bottle well, Baby can get bad burns to his mouth.

*ALWAYS test
the temperature
before giving it
to Baby!*



- Hold your baby close while you feed him. Don't leave Baby alone to drink the bottle.



*Don't put
Baby to bed
with the bottle.*

*Only use the bottle for infant formula or water.
Don't give Baby tea, soft drink, juice or cordial.*



Teach Baby to drink water from a cup at six months.

Cow's milk or powdered milk are okay for Baby after he turns one year old. You don't need to buy infant formula once Baby is one year old.



**Queensland
Government**
Queensland Health

Note: in this pamphlet we talk about Baby as 'he' but all the information in here also applies to girls!

For more information contact your local health worker