

Formula feeding



Growing Strong Feeding you and your baby

Great state. Great opportunity.



Queensland
Government

Before Baby is 12 months old cows' milk and powdered milk can hurt Baby's tummy, give them weak blood and put strain on their kidneys.



If there is some reason why Baby can't have breastmilk, you will need to give an infant formula.

How much formula milk does a baby need?

The amount of milk that Baby needs changes as they grow. Feed Baby when they are hungry and give them as much as they want, but don't make them finish the bottle if it isn't wanted.

- Baby can have both breastmilk and formula.
- You can add expressed breastmilk to formula.



Water for Baby

Babies on infant formula also need water, especially in hot weather. Give baby cooled boiled water between feeds.



If the formula is too strong, it will hurt Baby's kidneys. If the formula is too weak, Baby won't grow well.

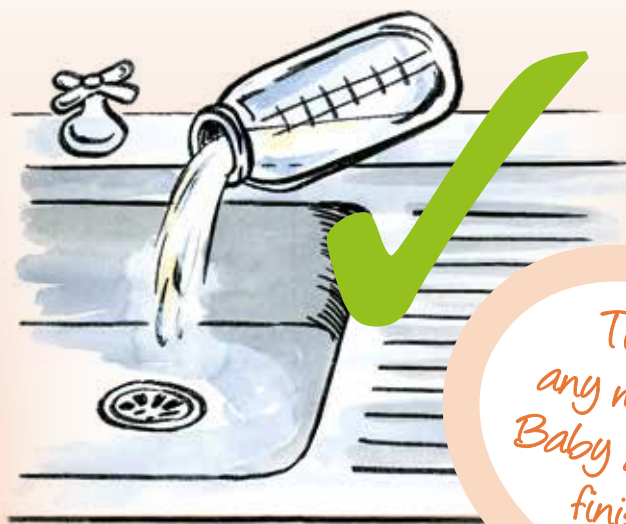


Making up infant formula:

- Wash your hands.
- Use cooled, boiled water.
- Follow the instructions on the can.

Storing formula

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



Tip out
any milk the
Baby did not
finish.

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.



Only use the bottle for infant formula or water.

Don't give Baby tea, soft drink, juice or cordial. They can give Baby weak blood and make Baby sick.



- Do not heat formula in the microwave. Microwaves damage the goodness of the milk.
- Microwaves can make some parts of the milk too hot and burn baby's mouth.

Heating formula

Heat the bottle by standing it in a container of warm water for a few minutes (no longer than 10 minutes). Shake the bottle well before giving it to Baby. This helps to make sure that the formula is heated evenly through the bottle.



Always test
the temperature
before giving it
to Baby



Using formula

Hold your baby close while feeding. Don't leave Baby alone to drink the bottle.



Don't put
Baby to bed
with the
bottle.

Teach Baby
to drink from
a cup at six
months.



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

Growing Strong

Feeding you and your baby

For more information contact your local health worker
or call 13 HEALTH (13 43 25 84).



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