

Safe preparation of formula milk

Clean hands and surfaces. Wash all equipment with warm soapy water, rinse and sterilise.



Empty kettle and refill with one litre of fresh water each time.

Boil kettle and use water anytime **WITHIN 30 minutes**, so it will be above 70°C to kill any bacteria that may be in powder. **Swirl the bottle, not shake.**



Make one bottle at a time.
Water in first. then level scoops of powder using the scoop provided in the tin.



Use first infant milk only for one year and then full fat cows' milk at one year of age, unless, using a specialist milk with specialist support.

Paced and responsive bottle feeding (whether feeding formula or expressed milk):

Keep baby snuggled in with lots of eye contact, wait for cues, hold baby semi-upright, invite baby to take the teat by gently rubbing it on top lip, only slightly tip the bottle to keep the flow of milk slow, look for cues that baby needs a break (turning head, stopping sucking, milk dribbling out), limit number of people who feed the baby and swap sides.



See this link for a video: <https://elht.nhs.uk/services/maternity-and-newborn-services/infant-feeding>

Breastfeeding is the healthiest way to feed your baby. If you decide not to breastfeed or to stop breastfeeding, it is possible to restart. Giving infant formula to a breastfed baby will reduce your milk supply. You do not need to eat any special foods while breastfeeding, but it is a good idea for you, just like everyone else, to eat a healthy diet.