SAFE PREPARATION OF FORMULA :FOUR KEY STEPS



REMEMBER – Wash & Sterilise all equipment and clean all surfaces

Empty kettle and refill with 1 litre of fresh water in kettle

1st milk only for 1 year (no research base to suggest anything else) and then full fat cows milk at 1 year old



Make 1 bottle up at a time – water first then level scoops of powder

Discard milk within 2 hours

Bottle feed responsively,

keep baby snuggled in with lots of eye contact, ensure teat is gently inserted after baby opens mouth wide, pace feeds, do not force baby to finish full feed and limit number of people who feed baby

Boil kettle and use water anytime within 30mins - so water will be 70°c or above to kill any bacteria that may be in powder