

SAFE PREPARATION OF FORMULA MILK

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

Empty kettle and refill with 1 litre of fresh water each time



Boil kettle and use water anytime **WITHIN 30mins**, 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 first then level scoops of powder using the scoop provided in the tin



Use 1st infant milk only for 1 year and then full fat cows' milk at 1 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>

Reference: www.nhs.uk/bottlefeeding