

Key facts about formula feeding:

- Always use a 'first' infant formula in the first year of your baby's life
- make up feeds one at a time as your baby needs them
- never warm up formula in the microwave
- the water needs to be above 70°C in order to kill any bacteria in the milk powder, as it is not sterile
- always put the water in the bottle first, then add the powder
- only use the scoop enclosed in the packaging, as they can differ in size between brands
- throw away any unused formula when your baby has finished feeding.

How to bottle feed your baby

- Hold your baby close in a semi-upright position, in skin to skin contact if possible and maintain eye contact
- rub the teat gently over the upper lip, this will encourage them to open their mouth and draw in the teat
- hold the bottle horizontally with a slight upright tilt to prevent both air entering the teat and the milk flowing too fast
- towards the end of the feed remove the teat and wind your baby
- if your baby shows continued feeding cues, offer the remaining milk
- don't try and force your baby to take more than they want
- limit the number of people who feed your baby to yourself and one or two others – this helps with building a relationship and bonding with your baby
- never leave your baby alone with a bottle.

For more information visit:

- **NHS Choices:**
www.nhs.uk/Conditions/pregnancy-and-baby/Pages/expressing-storing-breast-milk.aspx
- www.nhs.uk/Conditions/pregnancy-and-baby/pages/bottle-feeding-advice.aspx
- **Unicef:** www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-and-posters/simple-formula-guide-for-parents