



# HOW TO MAKE UP A BOTTLE OF FORMULAR MILK

## STEP ONE:

Clean and disinfect the surface you are going to use.

## STEP TWO:

Now wash your hands.

## STEP THREE:

Fill the kettle with at least 1 litre of fresh tap water (do not use water that has been boiled before), and bring to the boil.

## STEP FOUR:

Leave the water to cool for no more than 30 minutes, so that it remains at a temperature of at least 70C.

## STEP FIVE:

If you are using a cold-water steriliser, shake off any excess solution from the bottle and the teat, or rinse them with cooled boiled water from the kettle , this should not be from the tap.

## STEP SIX:

Stand the bottle on the cleaned, disinfected surface.

## STEP SEVEN:

Following the manufacturer's instructions pour the amount of water you need into the bottle.

## STEP EIGHT:

Next loosely fill the scoop found in the formula box with powder, (never use a scoop from another manufacturer, as these can vary in size); using either the flat edge of a clean, dry knife or the leveller provided. Proceed to put in the number of scoops that manufacturer recommends.

## STEP NINE:

Holding the edge of the teat, put it into the retaining ring, check it is secure, then screw the ring onto the bottle.

#### STEP TEN:

Cover the teat with the cap and shake the bottle until the powder is dissolved.

#### STEP ELEVEN:

It's important to cool the formula so it's not too hot to drink. Do this by holding the bottle (with the lid on) under cold running water.

#### STEP TWELVE:

Test the temperature of the formula on the inside of your wrist before giving it to your baby. It should be body temperature, which means it should feel warm or cool, but not hot.

#### STEP THIRTEEN:

If there is any made-up formula left in the bottle after a feed, throw it away.

## Do's of making up formula feeds

**Do** follow the manufacturers' instructions very carefully, as they vary as to how much water and powder to use.

- Do not add extra formula powder when making up a feed. This can make your baby constipated or dehydrated. Too little powder may not give your baby enough nourishment.
- Do not add sugar or cereals to your baby's formula.
- Never warm up formula in a microwave, as it may heat the feed unevenly and burn your baby's mouth.
- Bottled water is not recommended for making up feeds, as it's not sterile and may contain too much salt (sodium) or sulphate.

#### References

Guide to bottle feeding leaflet - Baby Friendly ... - Unicef UK <https://www.unicef.org.uk> ›

Guidelines - WHO | World Health Organization <https://www.who.int> › micro › pif\_guidelines

[https://www.youtube.com/watch?v=fg\\_foueeSCw](https://www.youtube.com/watch?v=fg_foueeSCw)