

BOTTLE FEEDING YOUR BABY

Feeding is a special time to bond with your baby and help them grow in a healthy way. Follow these tips for successful bottle feeding.

FOLLOW YOUR BABY'S LEAD

Feed your baby on demand when they show hunger, not on a schedule. They will show you when they want to drink, are ready for a break and are full. Watch for these cues.

SIGNS THAT BABY MIGHT BE HUNGRY:

- Brings hands to face
- Makes sucking noises and motions
- Bends arms and legs
- Puckers lips
- Sucks lips, hands, fingers, toes, toys, or clothing
- Searches for the nipple
- Opens and closes mouth



SIGNS THAT BABY MIGHT BE FULL:

- Sucks slower or stops sucking
- Relaxes hands and arms
- Turns away from the nipple
- Pushes away
- Falls asleep

Babies grow fast and have tiny tummies, so they will get hungry a lot. Here is how much they may be eating at different ages:

Birth-4 months: Babies will eat 8-12 times in 24 hours. In general, babies will eat 24-32 ounces in 24 hours and 1-2 ounces per feeding for the first few weeks of life, increasing to 2-3 ounces after 2 weeks until 4 months of age. Babies will gradually take in more at each feeding and decrease the number of feedings.

4-5 months: Babies will eat 6-8 times in 24 hours. Their tummies can hold about 4-6 ounces at a time.

After 6 months: Babies will eat 4-6 times in 24 hours. They will take less formula or breast milk as they start to eat baby food.

**DO NOT PROP THE BOTTLE OR ADD CEREAL TO THE BOTTLE.
THIS CAN MAKE YOUR BABY CHOKE OR OVEREAT.**

PREPARE FORMULA CAREFULLY

- Do not buy or use expired or damaged cans of formula.
- Read all instructions to mix formula correctly. Diluted formula can cause serious health issues for your baby.
- Keep everything clean, including the area where you prepare formula and the top of the can. Wash your hands before preparing formula.
- Wash bottles, nipples, and rings with a bottle brush in hot, soapy water or use the dishwasher. Sterilize new bottles, nipples, and rings by boiling in water for 5 minutes. Air dry.
- Use safe tap or bottled water for mixing formula. If you have well water, have it tested for safety.
- If you use tap water, run cold water for 2 minutes before using it. This will clear out any water that sat in pipes overnight.
- Ask your health care provider if it is necessary to boil water for formula preparation. If you choose to boil, follow these steps:
 - Bring water to a rolling boil for one minute, then turn off the heat.
 - Let the water cool to room temperature before adding formula.
- Do not freeze prepared formula.
- Prepared formula can spoil if it is left out at room temperature.
 - Fill the bottle with the amount of formula you think your baby will drink. Use or refrigerate untouched infant formula within 2 hours of preparation.
 - Allow your baby up to 1 hour to finish feeding. Afterwards, throw away whatever formula is left in the bottle.
 - Formula made from powder may be refrigerated up to 24 hours. Formula made from concentrate may be refrigerated up to 48 hours.
- Powdered infant formula should be tightly covered and stored in a cool, dry place.

WARM THE BOTTLE CORRECTLY

- Formula does not need to be warmed. If you warm formula, set the bottle in a bowl of warm (*not boiling*) water or hold under warm tap water.
- Sprinkle a few drops of formula on the inside of your wrist to make sure it is not too hot.
- Never use a microwave to heat a bottle. Microwaves cook unevenly and the milk can get too hot!
- For more information on infant feeding hygiene for formula or breastfeeding, visit: <https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding.html>.

To learn more about WIC and locate a clinic near you, please visit [signupwic.com](https://www.signupwic.com).

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