

Changing to a New Formula

- If you have questions or concerns talk to your health care provider before changing your baby’s formula.
- If your baby is on a prescribed formula for a medical condition, check with your health care provided before changing to a new formula.



The most important thing to remember is to be patient and give your baby time to adjust!

- Mix each of the formulas as directed before combining them.
- Slowly increase the amount of new formula while decreasing the amount of old formula until your baby is only drinking the new formula.
- If any concerns arise while changing formula, contact your health care provider or the WIC office.
- Changing to a new formula is **not** an exact science. Some people like to follow the examples listed below.

Examples:

4-Ounce Bottle	8-Ounce Bottle
<p><u>For the first few days (about days 1-2)</u> 1 ounce of the new formula 3 ounces of the old formula</p>	<p><u>For the first few days (about days 1-2)</u> 2 ounce of the new formula 6 ounces of the old formula</p>
<p><u>For the next few days (about days 3-5)</u> 2 ounces of the new formula 2 ounces of the old formula</p>	<p><u>For the next few days (about days 3-5)</u> 4 ounces of the new formula 4 ounces of the old formula</p>
<p><u>For the next few days (about days 5-7)</u> 3 ounces of the new formula 1 ounce of the old formula</p>	<p><u>For the next few days (about days 5-7)</u> 6 ounces of the new formula 2 ounce of the old formula</p>
<p><u>After that (about 7 or 8 days and beyond)</u> 4 ounces of the new formula</p>	<p><u>After that (about 7or 8 days and beyond)</u> 8 ounces of the new formula</p>



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Adapted from "How to Change Your Infant to a New Formula" – Montana WIC. Accessed Dec. 14, 2015.