

How To Feed Your Baby Infant Formula

What do I need to know?

- * There are different kinds of powdered infant formulas in the market. Always make sure that you are using infant formula which is specially made for babies. Always read the instructions that are printed on the tin very carefully.
- * It is usually better to prepare enough infant formula for one feeding at a time, You can boil enough water for the day and keep it clean in the thermos. It is better to mix water and formula every time you need to feed the baby.
- * Make sure that you will have enough infant formula powder to prepare each day. Babies need more and more infant formula as they grow. The table (on the other page) tells you how many tins of formula you will need for your baby during the first six months of life.

Steps in preparing infant formula:

- * Make sure that you always have clean water to mix with the infant formula. If you can, prepare the water that you will need for the whole day. Bring the water to a rolling boil for at least two minutes. Leave it to cool and then put the boiled water in a thermos or clean, covered container.
- * Always wash the feeding cups, measuring cups, spoons and other utensils that you use to prepare and feed infant formula to your baby. It is best to wash them with soap, using clean water.
- * You can also boil the utensils to make sure that they are clean.
- * Always wash your hands before preparing the infant formula and feeding it to your baby. Washing hands with clean, running water is always better.
- * Organize the utensils you will need. Always use a special cup or container to measure the boiled water. Tins of formula come with a special scoop or spoon which you should always use to measure the powder.

Mix the infant formula carefully:

- 1 Measure the infant formula powder into the marked cup or container. Make each scoop level. The number of scoops you use will depend on how much formula you are preparing at one time.

- 2 Add a small amount of the cooled boiled water and stir to dissolve the powder.
- 3 Then fill the cup or container to the mark with the water. Adding too much or too little water can be dangerous for your baby's health.

How much will I need?

You should only use formula that is made especially for infants. During the first six months of life, a baby needs a total of forty (40) tins of 500g formula, forty-four (44) tins of 450g formula, or fifty-one (51) tins of 400g formula. The table below shows the number of tins of formula your baby will need each month.

Number of tins of formula needed each month

Month	500g tins	450g tins	400g tins
1	4 tins	5 tins	5 tins
2	6 tins	6 tins	8 tins
3	7 tins	8 tins	9 tins
4	7 tins	8 tins	9 tins
5	8 tins	8 tins	10 tins
6	8 tins	9 tins	10 tins

How should I feed the baby?

- * Feed the baby using an open cup. Even a new born baby learns quickly how to drink from a cup. Avoid using bottles and nipples. They are difficult to clean and can cause your baby to become very sick.
- * If the baby does not drink all of the infant formula during a feeding, give the rest to an older child or discard what is left in the cup. Giving a baby old milk can cause the baby to become very sick.

Things to remember:

- * The instructions for mixing infant formula need to be followed exactly. Adding too much or too little water can be dangerous for your baby.
- * If you run out of infant formula, you should not add more water to make it last longer. Feed your baby fresh cow's milk with added water, sugar and micronutrients (or a multivitamin syrup) until you can buy more infant formula.
- * Your baby will need only infant formula during the first six months of life. Never breastfeed your baby once you have started to give infant formula. Do not give the baby food, water or any other types of liquids until six months.

- * If you have any questions about feeding your baby, ask a trained counselor for help.
- * Women who choose not to breastfeed their baby lose the child-spacing benefits of breastfeeding. Women who choose this method of infant feeding should practice safe sex and consider using family planning, starting as soon after giving birth as possible.

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