

How To Feed Your Baby Fresh Cow's Milk

What do I need to know?

- * To safely feed your baby fresh cow's milk, you will need enough milk to prepare each day. Always make sure that you have a safe and reliable source of cow's milk and that the milk has not been diluted with water.
- * Until your baby is six months old, you will need to carefully measure and add boiled water, sugar and special micro-nutrients (or multivitamin syrup) to the fresh cow's milk before giving it to your baby. The table (on the other page) tells you how much water and sugar to add.
- * It is best to prepare enough fresh cow's milk for one feeding at a time. You should prepare extra milk only if you can keep it in a clean, covered container in a cold place or on ice or in a refrigerator. Do not use a thermos to keep cow's milk. It can spoil very quickly
- * Make sure that you always have clean water to mix with the fresh cow's milk. 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.

Steps to prepare fresh cow's milk:

- * Always wash the feeding cups, measuring cups, spoons and other utensils that you use to prepare and feed cow's milk to your baby. It is best to wash them with soap, using clean water.

Or, you should boil them to make sure that they are clean.

- * Always wash your hands before preparing the fresh cow's milk and feeding it to your baby. Washing hands with clean running water is always better.
- * Measure both the fresh cow's milk and the boiled water using a special cup or container that you have marked to show how much milk and water to use.

Put both the milk and water together in a clean pot. Bring this mixture of milk and water just to a boil and then remove it immediately from the heat. Keep it covered while it cools.

Mixing and feeding fresh cow's milk:

- * Add sugar to the milk and water mixture. Measure the sugar using a special spoon that you have tested the size of. The number of spoons of sugar that you need depends on the age of the child and how much cow's milk you are preparing at one time.
- * Add the micronutrients (or the multivitamin syrup) to the mixture of milk, water and sugar. The amount you need will vary depending on the amount of milk that you are preparing. If you cannot find what you need in the market, ask a trained counselor for help.
- * 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 cow's milk 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.

How much will I need?

- * You should only use fresh cow's milk from a source that you trust. The fresh cow's milk must always be mixed with a certain amount of boiled water and sugar, depending on your child's age. Follow the table below.

Amount of milk, water and sugar needed each feeding

Baby's Age (months)	Milk needed	Water needed	Sugar needed
Birth to 1month	40 ml	20 ml	1 level teaspoon
1 to 2 months	60 ml	30 ml	1 rounded teaspoon
3 to 4 months	80 ml	40 ml	2 level teaspoons
5 to 6 months	100 ml	50 ml	2 rounded teaspoons

- * As babies grow older, they need more of the specially prepared cow's milk. The table below shows you how many times a day your baby should be fed, how much your baby will need for each feed, and the total amount of milk needed per day. Some babies may eat more frequently than others, and some babies may eat less frequently, so this is just a guideline.

Amount of milk needed each day

Baby's Age (months)	Feedings per day	Milk per feeding	Total milk per day
Birth to 1months	8	60 ml	480 ml

1 to 2 months	7	90 ml	630 ml
2 to 4 months	6	120 ml	720 ml
4 to 6 months	6	150 ml	900 ml

Things to remember:

- * The instructions for mixing fresh cow's milk need to be followed exactly. Adding too much or too little water can be dangerous for your baby.
- * Never breastfeed your baby once you have started to give cow's milk.
- * Your baby will need only specially prepared cow's milk during the first six months of life. You do not need to give your baby food, water or any other types of liquids until the baby is six months old.
- * If you have any questions about feeding your baby, ask a trained counselor for help.
- * Women who choose to feed their baby fresh cow's milk lose the child-spacing benefits of breastfeeding. Women who choose this method of feeding should practice safe sex and consider using family planning, starting as soon after giving birth as possible.

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