



Bottle-feeding

We recommend that you use a formula with iron and DHA-ARA. Generic formulas meet national standards, but may not be the most ideal for your infant. Talk to your care provider if you have questions.

When bottle-feeding your baby, make sure you are both comfortably settled. Cradle the baby in your arms or hold him or her lengthwise in your lap, so that the baby's head and upper back are several inches higher than the hips. Hold the bottle at an angle to keep the nipple full of formula. Babies should be burped after every 1 to 2 ounces. Sitting your baby upright with his or her back straight for 20 to 30 seconds is long enough to produce a burp if one needs to come up. Drinking more slowly and burping more often may help babies who tend to spit up. After feeding, babies may be held or should be placed on their back.

Bottle-fed babies usually drink one and one half to two ounces per feeding every 3 to 4 hours with a gradual increase to 3 to 4 ounces by the end of the first two weeks. Sucking for 20 to 30 minutes should give the baby all he or she needs. Babies who are feeding frequently and well during the day may sleep as long as they want at night.

When making formula, be sure to follow the instructions to ensure proper concentration of formula. Sterilizing water for the formula is not necessary (unless you use well water). If you make one bottle at a time and use warm tap water, there is no reason to heat the formula. If you make a whole batch of bottles at once, you may refrigerate the bottles and use them up to 48 hours from time of mixing. When heating cold formula it is best to use warm water and avoid microwaves. Microwaves heat unevenly and have caused exploding bottles, severe burns, and destruction of the nutrients in the formula. After heating, make sure you mix the contents of the bottle to distribute all heat evenly and check the temperature before feeding the baby. Bottles do not need to be sterilized. Automatic dishwasher cleaning of bottles and nipples is adequate. Plastic bottles are preferable to glass ones, as they will not break.

If you are concerned about your baby's feeding or weight, or have any questions or problems, don't hesitate to call our Nurse Advice Line at 303-699-6200.