

Bottle Feeding



How to Prepare a Bottle-feed

Step 1

Clean and disinfect a surface on which to prepare The feed.



Step 2

Wash your hands with soap and water, and dry with a clean or disposable cloth.



Step 3

Boil some safe water. If using an automatic kettle, wait until the kettle switches off. If using a pan to boil water, make sure the water comes to a rolling boil.



Step 4

Read the instructions on the formula's packaging to find out how much water and how much powder you need. Adding more or less formula than instructed could make infants ill.



Step 5

Taking care to avoid scalds, pour the correct amount of boiled water into a cleaned and sterilized feeding bottle.

The water should be no cooler than 70 °C, so do not leave it for more than 30 minutes after boiling.



Step 6

Add the exact amount of formula to the water in the bottle.



Step 7

Mix thoroughly by gently shaking or swirling the bottle.



Sterilizing

Cleaned equipment can be sterilized using a commercial sterilizer (Follow manufacturer's instructions), or a pan and boiling water:

Step 1

Fill a large pan with water.



Step 2

Place the cleaned feeding and preparation equipment into the water. Make sure that the equipment is completely covered with water and that no air bubbles are trapped.



Step 3

Cover the pan with a lid and bring to a rolling boil, making sure the pan does not boil dry.



Step 4

Keep the pan covered till the feeding equipment is needed.



Storing

Wash and dry your hands before handling sterilized equipment. It is recommended that you use sterilized forceps for handling sterilized equipment. If you remove feeding and preparation equipment from the sterilizer before you need it, keep it covered in a clean place. Fully assemble feeding bottles if you remove them from the sterilizer before you need them. This prevents the inside of the bottle, and the inside and outside of the teat becoming contaminated again.

Breastfeeding is the Best

The World Health Organization (WHO) recommends that infants are exclusively breastfed for the first six months of life. Babies who are exclusively breastfed will get the best start for growth, development and health. Infants who are not breastfed need a suitable breast milk substitute, for example, infant formula.

Cleaning, Sterilizing & Storing

It is very important that all the equipment used to feed and to prepare feeds for infants (for example, bottles, teats, lids) has been thoroughly cleaned and sterilized before use. Cleaning and sterilizing equipment removes harmful bacteria that could grow in the feed and make infants ill.

Cleaning

Step 1

Wash your hands with soap and water and dry using a clean cloth.



Step 2

Wash all feeding and preparation equipment thoroughly in hot soapy water. Use a clean bottle and teat brush to scrub the inside and outside of bottles and teats to make sure that all remaining feed is removed from the hard-to-reach places.



Step 3

Rinse thoroughly in safe water.



Step 8

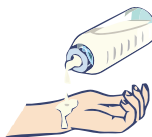
Immediately cool to feeding temperature by holding the bottle under cold running tap water, or by placing in a container of cold or iced water.

So that you do not contaminate the feed, make sure that the level of the cooling water is below the lid of the bottle.



Step 9

Check the temperature of the feed by dripping a little onto the inside of your wrist. It should feel lukewarm, not hot. If it still feels hot, cool some more before feeding.



Step 10

Feed infant.



Step 11

Throw away any feed that has not been consumed Within two hours.



Warning: Never use a microwave oven to re-warm feeds. It may cause 'hot spots' that can scald the infant's mouth.

