

A guide to infant formula and bottle feeding

Please turn over for information about PREPARING infant formula

Which formula should I use for my baby?

For most healthy babies, cow's milk based infant formula is recommended from birth to 12 months. This is labelled as 'Starter' 'Stage 1' or 'Suitable from birth'. When your baby is one year old, they can start to drink whole cow's milk. Do not feed your baby any formula that is not based on cow's milk without the advice of a maternal and child health nurse, midwife or doctor.

Feeding formula to your baby

Feed your baby whenever they show signs of hunger. Newborn babies tend to take small amounts frequently and don't always finish the whole bottle.

Sit comfortably, hold your baby close to you and look into their eyes when feeding. This helps the baby feel safe and loved and helps his/her development. Hold your baby fairly upright for feeds, with their head supported so that they can breathe and swallow comfortably.

Never leave your baby alone with a bottle as there is a risk of choking.

Brush the teat against your baby's lips and, when your baby opens their mouth wide, allow them to draw in the teat and start sucking. Your baby may need short breaks during the feed and may need to burp sometimes. When your baby does not want any more feed, hold them upright and gently rub or pat their back to give baby a chance to bring up any wind.

How much formula does my baby need?

Amounts written on formula tins are only a guide and don't take individual babies needs into account. The following is a guide for how much formula your newborn baby may need, but be guided by your baby's hunger cues and satisfaction.

Day	MI /kg/day	3 hourly feeds	4 hourly feeds	Total in 24hrs
1	60ml			
2	80ml			
3	100ml			
4	120ml			
5 and up to 3 months of age	150ml			

More information about bottle feeding your baby can be found on the Raising Children's website <https://raisingchildren.net.au/> or speak to your midwife or Maternal and Child Health Nurse.

Infant formula preparation

Preparing bottles for infant formula



Clean equipment. Wipe down preparation area. Wash hands with soapy water. Wash bottles, teat and ring in hot, soapy water. Rinse thoroughly. Squirt water through hole in teat.



Sterilise equipment. Cover bottle, teat and ring with water and bring to the boil. Boil for 5 minutes. Or use a microwave, steam or chemical steriliser following directions. Store empty sterilised bottles in a clean, sealed container in fridge.



Be safe. Keep children away from boiling water. To avoid scalds, let equipment cool in the pot until you can touch it. Use sterilised equipment within 24 hours.

Making up infant formula



Boil fresh tap water. Cool for at least 30 minutes until lukewarm or room temperature. Prepare only one bottle at a time. If you need to, store sterilised, sealed bottles in fridge for up to 24 hours.



Check instructions on formula tin for how much water to use. Put this amount of cooled, boiled water in a sterilised bottle.



Check instructions on tin for how many scoops of powder to use. Tap scoop, and level powder with a sterilised knife. Add powder to cooled, boiled water in bottle.

Getting bottle ready for baby



Put cap on bottle. Tap bottle gently so powder falls down into water. Swirl and then shake bottle to mix powder and water. Use formula within one hour. Throw away any leftover formula.



To warm formula to room temperature, put bottle in a pot of warm water for no longer than 10 minutes. Shake bottle. Squeeze a drop of liquid onto your wrist to test temperature and make sure milk is flowing from teat. Cold formula is OK too.



When going out, put bottle with right amount of cooled, boiled water in insulated bag with cool pack. Pack measured amount of powder separately. Mix when baby needs a feed.