

## BOTTLE FEEDING YOUR NEWBORN



### Choosing A Formula

Commercial infant formulas are designed to resemble human milk as closely as possible and to provide all the nutrients needed by your infant for the first 6 months of life. However, none have ever duplicated all the components of breast milk (which

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contains immune cells and hormones which protect infants from infections). Cow milk or soy are the base for most infant formula. If your baby cannot tolerate

or has allergies to one, other formulas are available. Three options are available for your baby's formula: powder, concentrate, and ready to feed. All of these options have similar nutrients but they do vary in price and in some constituents.

- Powdered formulas are least expensive, lightweight, convenient, and water and powder can be transported easily and mixed when needed without need for refrigeration.
- Concentrated liquid formula is more expensive than powder; it's diluted with water but must be stored in the refrigerator 24 hours after opening.
- Ready to use formula is most expensive but requires no addition of water. The desired amount is poured into the bottle and can be safely refrigerated for 24 hours.

### Pointers

- The normal size of your child's unstretched stomach is
  - the size of a marble (holds about 1/2 ounce) at birth
  - the size of a pingpong ball (2-3 ounces) at 10 days old
  - the size of a handball (4-5 ounces) at 4 months old
  - the size of a baseball (8 ounces) from 6-12 years old
  - the size of a softball (12-14 ounces) over 12 years old (yes adults too!)**we think that obesity is related to early stretching of the stomach by overfeeding.**
- Newborns need 8-12 feedings every 24 hours (a day and night). During the day, please awaken your baby if they have not awakened three hours after the beginning of the last feeding. This is how they learn the difference between day and night. Once in 24 hours they should be allowed to sleep 4-5 hours. By 1-2 weeks of age your baby will establish their feeding pattern for you.
- Signs that indicate that your baby is hungry before they start to cry:
  - hand to mouth
  - opening and closing mouth
  - sucking movements with the mouth
  - eyes widening
  - rooting when cheek is stroked
  - mouthing hand, covers, etc
  - sometimes they want to lick the nipple before beginning to suck "for real"
- Formula temperature
  - Room temperature is acceptable for feeding to your baby
  - Never warm formula in microwave - uneven heating can occur
  - Formula can be warmed by setting the bottle in hot, not boiling water.
- Hold your baby close in a semi-reclining position while feeding
  - **Never** prop the bottle
  - Choking can occur when bottles are propped
  - Decayed teeth can occur when bottles are propped when the infant is going to sleep
- When babies breathe in through their nose during feeding, they frequently gulp the air and swallow it with the formula. This accounts for most of the swallowed air and not "bubbles" from the bottle!
  - Burp your infant every 1/2 ounce for the first month or so of life, then every ounce until 3-4 months old.
  - To effectively burp a "difficult burper", sit them up from the reclining position, leaving the buttocks on your knee and lean your infant forward over your arm and cuddle them next to your body.

- Special bottles and nipples are not necessary. Use whatever your baby prefers.