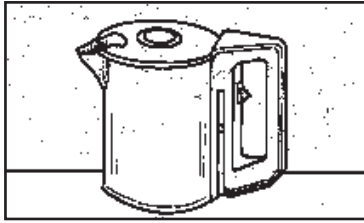
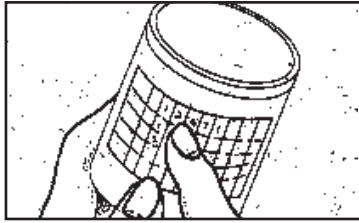


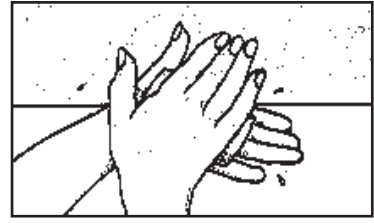
Preparing a bottle feed using baby milk powder



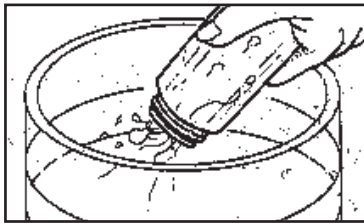
1 Boil some fresh tap water and let it cool for a few minutes. (It should still be more than 70°C so don't leave it for more than half an hour). Do not use bottled or artificially softened water.



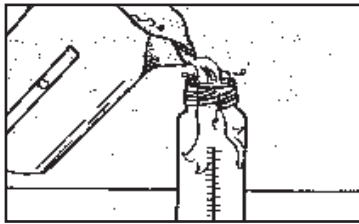
2 Read the tin or packet to find out how much water and powder you need. **You should make up a fresh bottle for each feed.**



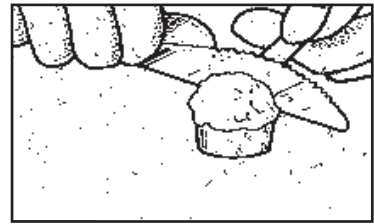
3 Wipe clean an area on which to prepare the feed. Wash your hands very well with soap and water.



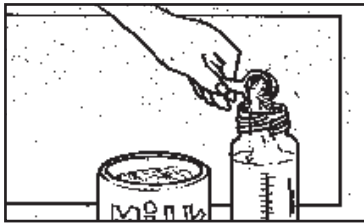
4 If using a steriliser, remove the lid and turn it upside down. Remove the teat and cap and place them on the upturned lid. If you wish to rinse them, use cooled boiled water, not tap water.



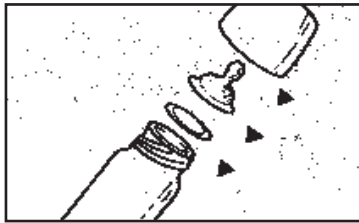
5 Remove the bottle, rinse if wished (with the boiled water) and stand it on a clean flat surface. Pour the boiled water into the bottle up to the required mark.



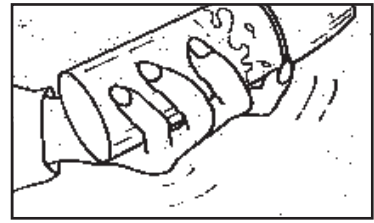
6 Measure the exact amount of powder using the scoop provided with the milk. Level the powder in the scoop using the plastic knife or the spatula supplied with the milk powder or steriliser.



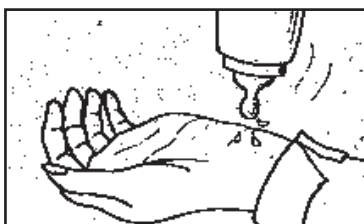
7 Add the powder to the water in the bottle. All baby milks in Britain now use one scoop to 1oz (30mls) water. *Never use more than this or you will make your baby ill.* Do not add anything else to the feed.



8 Place the disc supplied on the top of the bottle, followed by the teat and cap.



9 Screw the cap on tightly and shake well until all the powder has dissolved.



10 Check the temperature of the feed by dripping a little onto the inside of your wrist before giving it to your baby.

11 After the feed, throw any unused milk away and clean the bottle. *Don't make up more than one feed at a time. Storing made-up milk increases the risk that your baby will fall ill.*

Additional tips:

- The amount of milk per feed suggested on the tin or packet is only a guide. Your baby may want more or less according to appetite.
- Use the scoop provided with the brand of milk powder you are making up - the scoop provided with another brand may be a different size.
- If your powder does not come with a spatula, you should sterilise a plastic knife and dry it on clean tissue paper. You can then keep it in the powder with the scoop.
- Powdered baby milk is not sterile. Feeds should therefore not be made up in advance. If you are going to need to feed your baby while you are out it is safest to take freshly boiled water in a sealed flask and make up the feed when you need it.
- Almost all baby milk powders are made from **cows' milk** which has been processed to make it suitable for babies. **Whey based** (first) milks are more easily digested by a young baby. **Casein based** (second) milks take longer to digest and are not recommended for young babies.
- Ordinary cows' milk should not be given until your baby is at least a year old.
- Do not use soya or goat milk formulas without medical advice.

Breastfeeding is the healthiest way to feed your baby and it doesn't cost anything. If you use baby milk, it is very important for your baby's health that you follow all instructions carefully. It is possible, but difficult, to reverse a decision not to breastfeed or to re-start breastfeeding once you have stopped. Introducing partial bottle feeding will reduce a mother's breastmilk supply. Breastfeeding mothers don't need to eat any special foods but, just like everyone else, they are advised to eat a healthy diet. (Infant formula & follow-on formula regulations 1995)