

# BOTTLE-FEEDING BASICS



**Hold your baby at every feeding.** Give your baby lots of love and attention. Support their head and neck and let them see your face. Don't feed in the car seat or lay your baby down with a bottle. It can cause choking and ear infections.

**Wash your hands before making formula.** Wipe the top of the formula can before opening.

**Run cold tap water for a couple of minutes before making formula.** City water is generally safe to use. Bottled or infant water is not necessary. If you are using well water, make sure it has been tested to be safe.

**Make formula following directions on the can.**

For powdered formula, put two ounces of water in the bottle and one scoop of formula. Measure water first, then add formula. Shake well. For four ounces of water, add two scoops.



**Mix the amount of formula your baby will drink at a feeding.** Throw away any formula left in the bottle one hour after a feeding.

**Warm a bottle by running hot water on it.** Do not use the microwave. It can create hot spots in the formula that can burn your baby's mouth.

**Wash bottles and nipples in hot, soapy water.** Use a brush to clean well. Rinse with hot water. Air dry.

**Do not add cereal to the bottle.** It does not help babies sleep longer and may cause allergies or choking.

**Babies get enough water in their formula.** Bottles of plain water are not necessary.

**Some spitting up is normal.** If you are concerned about how much your baby is spitting up, talk to your health care provider or WIC nutritionist.

### How much will my baby eat?

Newborn babies have small tummies. They drink small amounts at each feeding and eat often. As babies grow, they will drink more at each feeding and may want to feed less often. Newborn babies eat about every two to three hours and drink about two to three ounces at each feeding. This equals about 16 to 20 ounces of formula in 24 hours.

Let your baby decide how much to eat. Follow their cues on how much formula to give in a bottle. If your baby is showing signs of being full, there is no need to encourage them to finish the bottle. This can lead to overfeeding.

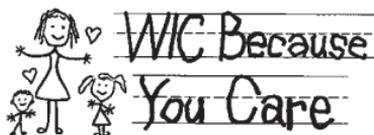
#### Signs Your Baby is Hungry

- Beginning to wake up
- Increased alertness
- Flexing of arms and legs
- Making sounds
- Sucking on hand or wrist
- Turning head or searching for the nipple (rooting)
- Moving mouth or tongue

#### Signs Your Baby is Full

- Turning head away
- Sucking slowly or stopping
- Relaxing hands and arms
- Pushing the nipple out of mouth with tongue
- Milk spilling out of mouth
- Spreading fingers or toes; pushing away
- Falling asleep

Babies usually give several hunger cues at one time. Feed your baby at the first signs of being hungry, before they get upset or cry. Be flexible, babies do not always get hungry on a schedule and do not always eat the same amount at a feeding.



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