

# Preparing Formula

Whether you are only feeding your baby with formula or supplementing your breast milk, it's important to make sure you are preparing and storing your baby's formula safely. Wash your hands with soap and water before preparing bottles or feeding your baby. Make sure to clean and sanitize the bottles, nipples and caps. This will reduce the risk of infection.

There are several ways to sanitize your baby's bottles and other feeding items. If your feeding items are dishwasher safe, you can run them in hot water and a heat drying cycle to sanitize them. Or you can boil these items in a pot of water for five minutes. Be sure to follow the manufacturer's directions about the best way to sanitize your baby's feeding items.

After sanitizing, place the items on a clean, unused dish towel or paper towel. Allow the items to air dry. Do not use a dish towel or rub or pat items because doing so may transfer germs. When preparing your baby's formula, follow the instructions on the label exactly. If you are using powder, boil a pot of water so you have clean water to mix the powder with.

Always measure the water first and then add the exact amount of formula. Too much water can dilute the formula so your baby will not get all her nutrients. Too little water may cause your baby's kidneys and digestive system to work too hard and may cause your baby to become dehydrated.

To prepare liquid concentrate, you add equal amounts of water and concentrate and mix it up according to the instructions on the label. Ready to Feed formula is the most convenient to use. There is no need to dilute it with water. Before giving your baby the bottle, make sure to cool it off by running it under cold water before feeding.

Always check the temperature of the formula by putting a little on the inside of your wrist. The formula should be lukewarm or body temperature, not hot. It's important to store your baby's formula properly. Put unopened formula in a cool, dry, place. Formula can spoil if it is left out at room temperature. Do not store formula in cars, garages or outside where it can get too hot or too cold.

If you do not use the prepared formula within two hours, immediately store the bottle in the refrigerator and use it within 24 hours. But if your baby has started to drink the bottle, even just a little bit, it cannot be reused. Discard that formula. After feeding your baby, throw away any extra formula to avoid bacteria growth.

Be sure to clean and sanitize the bottle before you use it again to keep your baby safe from germs. It's important to follow the instructions on the formula's label to prepare your baby's formula safely to keep your baby healthy.