

# Common Formula Feeding Questions

Whether you decide to exclusively formula feed or supplement breast feeding, finding the right formula to meet your baby's needs is important. It is recommended to start your baby on a cow's milk formula, unless there is an allergy. Talk with your pediatrician about which formula is best for your baby!

Here are a few commonly asked questions about formula feeding:

## How much should I feed my baby?

- The size of a newborn's stomach is the size of an egg. Therefore, they cannot handle large quantities of formula. Feed in small amounts often (see chart below)
- Do not force a baby to finish a bottle and make sure to discard remaining formula after 1 hour
  - Signs a baby is full: falls asleep, turns head away, stops sucking

| Age               | Amount   |
|-------------------|--|
| Birth to 4 months | 8 to 12 feedings/day (2 to 4 ounces at each feeding) |
| 4 to 6 months     | 4 to 6 feedings/day (6 to 8 ounces at each feeding)  |
| 6 to 8 months     | 3 to 5 feedings/day (6 to 8 ounces at each feeding)  |
| 8 to 12 months    | 3 to 4 feedings/day (6 to 8 ounces at each feeding)  |

- A baby should be fed 8-12 times a day or around every 2-3 hours in the first few weeks of life
- A newborn should produce 6 or more wet diapers and 1 dirty diaper a day

## How should I clean the bottles?

- Wash bottles, nipples and accessories with a bottlebrush and hot soapy water before each use
- Before using new bottles for the first time, sterilize washed bottles and nipples by placing in boiling water for 5 minutes or washing on the top rack of a dishwasher

## How to mix and store formula?

- Ask your pediatrician if the tap water in your area should be boiled prior to preparing formula. If you do need to boil water remember these rules:
  - Let water boil for 1 full minute, then remove from heat
  - Let water cool to room temperature before adding powdered formula
- Note: Bottled or filtered water is not a good replacement for boiled tap water. However, if you are concerned about lead or other harmful substances in your tap water, discuss this with your pediatrician. In this case, bottled or filtered water may be the better alternative
- Remember to always wash hands before preparing formula
- Prepared powdered formula can be stored in the refrigerator for up to 24 hours in a sealed container. Opened containers of ready-to-feed formula can be stored in the refrigerator with the cap on for up to 48 hours.
- If baby starts a bottle of formula, but does not finish within 1 hour, formula must be thrown away. Do not put it back in the refrigerator for later use or reheat.

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