



Formula-Feeding

Store-bought formula can give your baby the nutrients he needs to grow and thrive. When considering feeding options, you need to make the best choice possible for you and your baby. If you're unable to breast-feed, don't feel guilty. There may be several reasons to choose formula-feeding:

- You may need to take medications that would be harmful to your baby if passed through your breast milk.
- Your baby is adopted.
- You suffer from an illness that doesn't leave you the energy to breast-feed.
- You have difficulty producing enough breast milk or have a lot of discomfort or pain.

Milk-Based vs. Soy-Based Formulas

Milk-Based Formula

This is the most widely used formula today. Cow's milk is the foundation, but it's been changed in many ways to make it safe for infants.

- The protein is more digestible and less potentially allergenic than regular cow's milk.
- More milk sugar (lactose) is added and the fat (butterfat) is removed and replaced with vegetable oils and animal fats that are more easily digested by babies.
- More nutrients are added.

Soy Formulas

These contain different protein and carbohydrates than milk-based formulas.

- They're recommended for babies who are unable to digest lactose. This is usually evident by bouts of diarrhea, which can damage the digestive enzymes in the lining of the intestine.
- A baby who has a milk allergy, evident by bloody diarrhea or a strong family history of allergy to cow's milk, may be put on soy formula by his doctor.
- Strict vegetarian families often choose soy formula because no animal products are used.



Tips for Formula-Feeding

- Read and follow the manufacturer's instructions on the formula container.
- Make sure you add water to concentrated formulas.
- Wash bottles in hot soapy water and rinse well before adding the formula.
- Store any formula made in advance in the refrigerator or freezer.
- Each bottle prepared in advance must be used within 48 hours.
- Avoid reheating a bottle that your baby didn't finish. Discard any unused formula.
- When using premixed or concentrated formula, clean the top of the can before opening.
- Once the formula is opened, cover and refrigerate. Finish the container within 48 hours. (Powdered formula doesn't need to be refrigerated, but cover it tightly when not in use.)
- When warming the formula, be careful not to get it too hot.
- Use your wrist to test the temperature of the formula. If you can feel the warm formula, it's too hot. If you can't feel the liquid, it's the right temperature for your baby.

Check Bottle Nipples Regularly

- If the hole is too small, your baby can suck in too much air. Make the hole bigger by poking it with a red-hot needle.
- If the holes are too large, your baby gets too much formula too fast and will spit up or choke. Throw these nipples away.
- If the nipple becomes too gummy, place it in a pan of water, add pinch a of salt and boil it for a few minutes. If this doesn't work, discard it.