



Formula-an overview

There are many different reasons for mothers to decide on formula for their baby, rather than breastfeeding. Ultimately the choice is a personal one between you, your partner and maybe a medical professional you're in a trusting relationship with. *Neither friends, other family members or the lady behind the supermarket counter have the right to voice their opinion on this, unless you are the one asking.*

So what are important facts to know about formula?

Preparation

All items needed to prepare formula have to be sterilised before every use (boiling water or purpose built steriliser)

- hands
- kitchen bench
- bottles
- teats
- water used

When storing already sterilised bottles etc.

- all items air dried
- store in an air tight container

Water temperature to mix with powder + time to be stored in fridge

- always 70 C (too cold bacteria can grow, too hot it destroys the nutrients)
- > Able to be stored in fridge for 24 hours (cool down quickly first)
- if using immediately as low as 50 C is ok, as bacteria doesn't have time to grow

--> do not store longer than 2-4 hours in fridge

Don't compress powder in the spoon, just scoop and put any excess powder on top back into the tin

- use always exact amount of powder
- always stir powder into water, not the other way around

Cool down as quickly as possible in cold/ ice water

- do not let it sit on the bench to cool down

--> Bacteria breeding ground

Feeding

Skin to skin/ snuggly position on the couch etc.

- bonding while feeding is not exclusive to breastfeeding

Paced feeding (it's not about filling baby up as fast as possible)

- start and stop, just how breastfeeding would happen
- take time to burp baby a couple of times
- teat filled half air, half formula (less pressure/ milk pouring in)

Temperature to feed is usually body temperature

- try this first as it's easiest to make (many babies develop a preference over time)
- if baby fusses/ refuses, maybe try colder or warmer
- babies with reflux prefer often cold (soothing in throat)

Storing

- only with 70 C water
- cool down quickly in cold/ ice water, then into fridge (keeps 24 hours)
- for cafe trips etc --> either store separately (hot water and powder) or make bottle up at 70C, cool down quickly and then reheat out and about (half time you would with microwave at home as commercial ones have higher wattage + shake before feeding, milk can have hot spots!)

Calculating amount

Amount on tins are usually way too much. Rather than wasting money and/ or over feeding please orientate yourself on the guide below

<i>AGE</i>	<i>AMOUNT</i>
Preterm	180ml per Kg per day/ 24 hours
5 days- 3 months	150ml per Kg per day/ 24 hours
3- 6 months	120ml per Kg per day/ 24 hours
6- 9 months	100ml per Kg per day/ 24 hours
9- 12 months	60- 90ml per Kg per day/ 24 hours

- not every day or every bottle will be always the same, some days baby will be hungrier than others
- if amount baby eats is age appropriate and bubs doesn't seem more hungry but still not thriving, please see your GP

Teat sizes

- depends on bottle brand
- often numbers on them to give an orientation
- the bigger teat, the faster is milk flow
- a frustrated/crying baby when feeding or a flat teat can be an indicator to upsize

Solids

If your baby is not interested or refusing solids by 6-8 months, try cutting back on bottles/amount and see if your baby being a bit hungry increases the interest in solids

Goat's formula

- very popular, but highly processed so that it's digestible for babies
- > Goat milk products are usually not recommended for infants/ children
- no point in switching to when intolerance/allergy to cow's milk
- > Lactose and protein are exactly the same