

SAFE FORMULA PREPARATION

Only use water when preparing powder formula or concentrated liquid formula (do not add water to “ready-to-feed” formula). It is very important to follow the measurement instructions on the formula packaging. Adding extra water can slow your baby’s growth and development, and can cause major health problems.

Boiling Water?

For infants under two (2) months, and for babies born prematurely or with a weakened immune system, boil water before mixing. After boiling, allow water to cool for 5 minutes, then measure and add to the bottle.

Water First

Always add water to the bottle first, then add powdered formula second.

Tap water and bottled water are both generally safe sources, and you only need to boil it if baby is under 2 months or has a weakened immune system.

Body Temperature

Cool formula to body temperature before giving it to baby. You can run the bottle under cold water or sit it on a bowl of ice water to speed up cooling.

Wrist Test

Shake a few drops of the prepared formula onto the inside of your wrist. If it is uncomfortable, it is still too hot for baby.

1 Hour Timer!

Once your baby has been fed from a bottle of formula, you have 1 hour before the remaining formula needs to be thrown away.

If you prepared a bottle and haven’t fed your baby from the bottle, it can be stored in the refrigerator for up to 24 hours.