

For information on making an informed decision on how to feed your baby talk to your health care provider or public health nurse. See [Tip Sheet #1](#) for important facts.

## Warming Formula

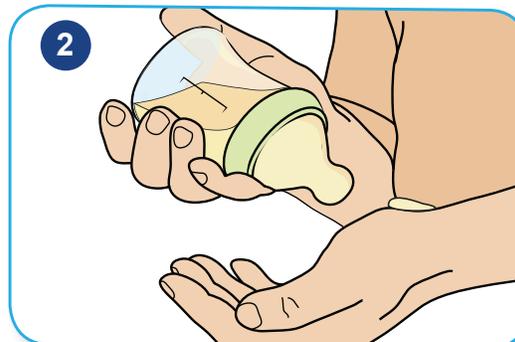


Babies may drink formula warm or cold.

Warm a bottle of formula by:

- Putting the bottle in a container of warm water or using a bottle warmer.
- Warming it for no more than 15 minutes.
- Shake the bottle a few times during warming.

**Do not heat formula in the microwave.**



Once the formula is warmed, shake the bottle.

Put a few drops of formula on the inside of your wrist to make sure the formula is not too hot. It should feel slightly warm, not hot.

## How To Bottle Feed Your Baby



Your baby shows early signs that they are hungry by:

- Stirring and moving their arms.
- Opening their mouth & lip smacking.
- Turning their head towards you.

This is a good time to feed your baby.

Most babies eat 8 or more times in 24 hours.



Your baby is much hungrier when you see:

- Hands going to their mouth.
- Sucking and licking movements.
- Restlessness.
- Making sounds.



Your baby is showing signs that he is extremely hungry by:

- Fussing and crying.
- Being agitated.
- Being exhausted and falling asleep.

You may have to calm your baby if they are upset.



Hold your baby in an upright position when bottle feeding. Put the bottle nipple just below the lower lip and wait for a wide-open mouth to put the bottle in.

Do not prop a bottle or put your baby to bed with a bottle.



Give your baby a break if they show signs of stress:

- Milk leaking out of their mouth.
- Choking or gagging.
- Gulping or swallowing fast.
- Squirming or pushing the bottle away.
- Moving their head away.



Signs that your baby needs to burp are:

- Arching their back.
- Getting cranky or fussy.
- Pulling away from the bottle.
- Sucking slows down or stops.



Stop the feeding when your baby shows signs of fullness. These include:

- Slowing down or stopping sucking.
- Closing their mouth.
- Turning their head away.
- Pushing away from the bottle or person feeding them.
- Falling asleep.



Burp your baby by gently patting their back with a cupped hand. Try these positions to burp your baby.

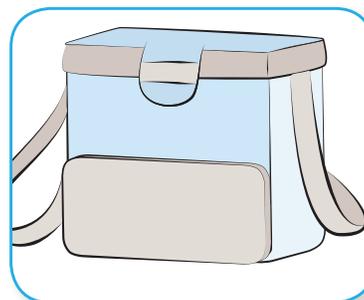
## Transporting Formula

If you travel, prepare the formula ahead.

Only take a bottle with you after it is cooled in a refrigerator and is cool to touch.

Keep the formula in a cooler bag with a freezer pack until feeding time.

Throw out unused formula after 24 hours.



For more information on how and when to feed your baby see pages 16-20 in the booklet **Infant Formula: What You Need To Know.**