

# Infant Feeding Questions & Tips

## ❖ **How long can I store prepared baby formula, and where should it be stored?**

-Prepared formula can be stored in the refrigerator for up to 24 hrs. keeping the bottles in the main part of the refrigerator where it is cooler and not on the door.

## ❖ **Once feeding begins, when should I discard my baby's bottle?**

-Never keep formula warm for longer than an hour, and always throw away unfinished formula.

## ❖ **What is the risk associated with consuming infant formula that was left out at room temperature?**

-Germs can breed rapidly in warm formula and could result in your baby getting a stomach infection.

## ❖ **How do I know the right amount of formula to feed my baby?**

-In the first months, babies will take 2-4 oz. every 2-4 hours.

-Let the baby decide when he/she has had enough. If baby refuses the bottle, try burping. If baby still refuses to eat after burping, stop until the next feeding.

## ❖ **What is the best way to warm formula?**

-Warm the milk by setting the bottle in warm water (never in the microwave)

-Always place a drop or two of formula on your wrist and test its temperature before giving it to your baby.

## **Tips on Introducing Solids:**

- Solid foods can be introduced at 4-6 months.
- Don't force babies to eat solids if they refuse. Go back to nursing or bottle-feeding exclusively for a week or two, and then try again.
  - Always use a spoon to feed your baby solids, otherwise they may drastically increase the amount of food taken in. (ie: placing solid foods in a bottle or infant feeder with a nipple.)
- Traditionally, single grain baby cereals have been introduced first (either pre-mixed in a jar or dry varieties to add to formula, breast-milk, or water)
  - Many pediatricians recommend starting vegetables before fruits.
  - Baby meats are especially beneficial to breast-fed babies as they contain iron and zinc. They are easily absorbed and needed by 4-6 months of age.
    - Give your baby one new food at a time, and wait at least four days before starting another.
      - Most infants can learn to self-feed around 8 months
- Anything given to your baby should be soft, easy to swallow, and breaks down into small pieces that he/she can't possibly choke on
  - Fresh foods made for baby can be blended, processed in a food processor, or mashed with a fork. Everything should be soft, unsalted, well-cooked, and unseasoned.

