

Formula Feeding your newborn



CARSON TAHOE
HEALTH

Skin - to - Skin Method

At Carson Tahoe, regardless of feeding method, all babies are placed skin-to-skin as soon as possible after they are born. Skin-to-skin helps your baby stay warm, as well as keeps heart rate, breathing, and blood sugar more stable. It also exposes them to your skin flora, which boosts their immune system. If you are formula feeding, we want your baby to remain skin-to-skin for at least an hour, or for as long as both you and your baby desire.

We recommend you respond to your baby's hunger cues. This means waiting until you see your child's hunger cues before you feed them. Hunger cues include but aren't limited to,

-  Rooting
-  Smacking lips
-  Sticking tongue out
-  Turning toward chest
-  Sticking hands in their mouth

Crying is their last resort.

EARLY CUES - "I'm hungry"

 • Stirring	 • Mouth opening	 • Turning head • Seeking/rooting
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MID CUES - "I'm really hungry"

 • Stretching	 • Increasing physical movement	 • Hand to mouth
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Types of Formula

-  Use the brand of formula recommended by your healthcare provider.
-  Formula comes in three forms: powdered, liquid concentrate, and ready-to-feed.
 -  Ready-to feed-formula is the most expensive per ounce. The CDC recommends ready-to feed-formula as the safest choice for formula until your baby is about 3 months of age.
 -  Liquid concentrate is mixed with water before feeding. Liquid formulas are not sterile.
 -  Powdered formula is the least expensive per ounce and is mixed with hot water over 70°C or 158°F. Powdered formula is not sterile. It is rare but there can be bacteria that grows in powdered formula once it is opened, that makes babies very sick. Some experts recommend making powdered infant formula with very hot water, but this is a lot of work and some babies might get burned.

You will need:

-  6-8 bottles, preferably bisphenol A (BPA) free
-  6-12 nipples, preferably latex free
-  Bottlebrush and nipples come in many different shapes and kinds. You may need to experiment with different nipples to find the one your baby likes. Check with your healthcare provider and other mothers for their recommendations.
-  As your baby grows, you may need to adjust the size of the nipple.
 -  If your baby seems to be gagging or gulping too fast, the nipple hole may be too large.
 -  If your baby is sucking hard and seems frustrated, the hole may be too small.

Keeping everything clean:

-  Before using new bottles and nipples, they should be boiled at a rolling boil for 5 minutes.
-  Bottle parts and nipples should be stored separately in a clean container rather than assembling them. Assembled bottles can grow bacteria during storage time.
-  Wash bottles and nipples in hot soapy water, and rinse well in hot tap water, then air dry. You may wash the bottles in the dishwasher, but nipples should be washed by hand.

Safe Formula Preparation

Ready - to - feed formula

-  The ready-to-feed formula is a liquid, premixed formula that can be purchased at the grocery store or other convenience stores. The CDC recommends ready-to-feed formula as the safest choice of formula until the baby is 2 months of age.
-  To warm ready-to-feed formula, run warm tap water over the bottle or place in a pan of hot (not boiling) water. Shake the bottle occasionally while warming.



Powdered Formula

-  Use hot water (158°F/ 70°C and above) to make the formula.
 -  A simple way to heat water to this temperatures is to boil a pot of fresh water and add it to the powdered formula within 30 minutes of boiling. Do not feed hot formula to baby, cool it first.
-  Carefully shake, rather than stir, the formula in the bottle.

Mix Carefully

-  Check the expiration date on the can of formula and never use expired formula.
-  Always read and accurately follow the directions for preparation and storage on the can. Manufacturers may change these instructions from time to time, and incorrect amounts of water and formula can cause problems for your baby such as:
 -  Dehydration
 -  Diarrhea
 -  Poor growth
-  Keep track of lot numbers in case of a recall.
-  Use formula within 2 hours of preparation. If the baby does not finish the entire bottle, discard the unused formula.

After Heating Formula

-  Test the formula temperature before feeding. It should not feel hot or cold when dropped onto your wrist.
-  Do not use the microwave to warm formula, serious burns may occur.
-  To cool formula, place the capped bottle under cool water or place into an ice bath, taking care to keep the cool water from getting into the bottle or on the nipple.



Storing Formula

-  If you do not plan on using the prepared formula right away, refrigerate it immediately and use within 24 hours. Refrigeration slows bacterial growth and increases safety.
-  Larger amounts of formula (enough for 24 hours) can be prepared in advance and stored in any clean BPA-free plastic or glass container.
-  When in doubt, throw it out. If you can't remember how long you have kept the formula in the refrigerator, it is safer to throw it out than to feed it to your baby.

Getting Ready to Feed Your Baby

-  Before preparing formula or feeding your baby, always wash your hands.
-  You may feed the bottle chilled from the refrigerator, warmed to room temperature, or heated slightly. Your baby may prefer a consistent temperature.

The Do's and Don'ts of Feeding your Baby

Do: Respond to your baby's hunger cues, but don't let the baby go without feeding for longer than 5 hours during the day. Most full-term, formula-fed babies will want to eat every 2 to 4 hours. It is okay to let the baby sleep longer at night. If your baby is premature or small at birth, follow your baby's healthcare provider's instructions for frequency and amounts of feedings.

Do: Hold your baby close and in a semi-upright position. Holding your

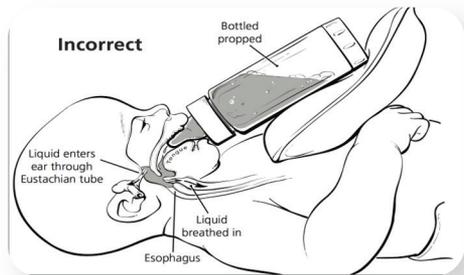
baby for feeding promotes bonding between you and is the comfort the baby needs. Paced bottle feeding is the preferred method.



Don't: Prop the bottle. Propping a bottle for feeding may lead to ear infections, dental cavities, and aspiration of formula into the baby's lungs. It may also create a feeling of abandonment for the baby.

Don't: Leave your baby alone with a bottle propped up for him to drink.

Don't: Force your child to finish the bottle, which can lead to an overweight baby and in turn, an overweight child. According to Unicef, healthy babies know when they are full and have good appetite control.



Getting Enough to Eat

-  Newborn babies should eat 8-12 times a day
-  By 2 to 4 weeks of age, most babies will be taking 3 to 4 ounces of formula at each feeding.
-  Your baby is getting enough when he or she is:
 -  Wetting diapers and having bowel movements
 -  Gaining weight

Burping Your Baby

-  Allow your baby the chance to burp frequently.
-  Some babies require a lot of burping others require little or none.
-  If your baby doesn't burp in a few minutes, continue with the feeding.
-  A newborn bottle-fed baby should have the opportunity to burp after every 1/2 to 1 ounce of formula.
-  Do not be alarmed if the baby spits up a small amount of the formula with the burp. Place a cloth under the baby's chin to catch anything that is spit up.

More Tips on Feeding

-  After the feeding, throw away leftover formula, rinse the bottle and squirt water through the nipple hole, then wash bottles, nipples rings with hot, soapy water, rinse well and allow to air dry.
-  Never switch formula type or brand without contacting your baby's health care provider.
-  Follow the health care provider's guidelines for when to begin solids and how long to feed formula before switching to cow's milk. The American Academy of Pediatrics recommends that no cow's milk be given for the entire first year and no solids before 6 months.
-  Newborns do not need any extra water. They get the water they need in the formula. Giving your baby water bottles may make your baby skip a feeding and not gain weight properly.

Paced Bottle Feeding

With paced bottle feeding, your baby will be able to determine how quickly or slowly he/she eats by controlling the flow of milk. Paced feeding is needed when your newborn sucks without pausing and ends up with too much milk in his mouth.

To begin, hold your baby in a slightly upright position that is comfortable for you. Your baby's head should be aligned with the rest of his body. Touch the nipple of the bottle to the baby's lips until he opens his/her mouth. Wait for the baby to open wide and put the nipple in his mouth.



Make certain that the nipple is all the way, on top of his/her tongue, so they will suck in as little air as possible. While he/she is eating, keep the bottle parallel to the ground. The nipple should be about half way filled with formula.

Allow your baby to suck 5-10 times, and then gently pull the bottle out of his/her mouth, but keeping it so that it is touching his/her lower lip. This will allow your baby to suck the nipple back in when he/she is ready for more.

If your baby gets upset when you pull the bottle out of his/her mouth, you can also tilt the bottle so that the flow lessens to give the baby a rest. When they start sucking harder to get more milk, you can tilt it back up again to help quicken the flow a little bit.

When to Call Your Baby's Doctor about Feeding Concerns:

-  Not gaining weight well
-  Coughing, choking, or gagging when eating or drinking
-  Throwing up often
-  Eating and breathing coordination problems
-  Arching the back and crying during feedings

Most feeding questions you might have will be answered by calling your baby's pediatrician office.

If you are a client of WIC, they can also give you guidance on formula feeding your baby.

If you have an urgent concern, go to the nearest emergency room.

Safe Sleep

Parents and caregivers can help create a safe sleep area for babies by taking the following steps:

-  **Place your baby on his or her back for all sleep times-naps and at night.** Even if a baby spits up during sleep, the gag reflex helps prevent them from choking while sleeping on their backs. Babies who sleep on their backs are much less likely to die of SIDS than babies who sleep on their sides or stomachs.
-  **Use a firm, flat sleep surface, such as a mattress in a safety-approved crib covered only by a fitted sheet.** Some parents and caretakers might feel they should place their baby on a soft surface to help them be more comfortable while sleeping.





 **Wear a supportive bra.** It can keep you more comfortable while your milk production slows. That said, avoid binding your breasts. Binding can lead to problems like mastitis and clogged milk ducts, and add to your discomfort.

 **Apply a cold pack.** Hold a cold compress against your breasts (a bag of frozen vegetables works well, too) or put a cold pack in your bra.

 **Use cabbage leaves.** This cruciferous veggie might sound like an odd remedy, but in some studies, women reported that chilled cabbage leaves relieved the pain and hardness of engorged breasts. Though it might not work for everyone, it's safe to try.

 **Take pain-relieving medication.** If you're hurting, ask your healthcare provider whether you can safely take an over-the-counter pain reliever like ibuprofen.

When to Call your Healthcare Provider about Drying Up Breast Milk

Most new moms waiting for their milk to dry up are able to manage mild discomfort on their own, but there are a few symptoms to watch out for that can indicate a potential issue. If your breasts get very engorged, for example, a clogged milk duct could lead to an infection called mastitis.

Contact your healthcare provider right away if you have any of these symptoms:

-  Your breast is swollen, red, or feels warm to the touch.
-  You feel a lump in your breast.
-  You have pain or burning while you breastfeed.
-  You're running a fever of 101°F or higher.
-  You feel sick, like you have the flu.

Additional Recommendations to Reduce the Risk of SIDS

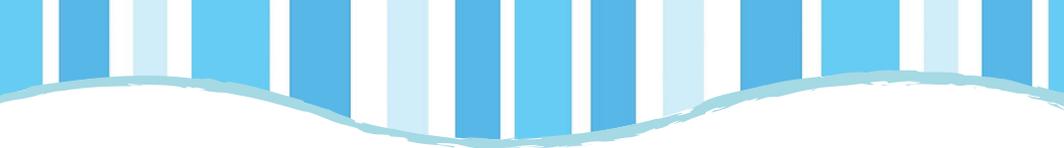
In addition to the recommendations mentioned, other recommendations from the AAP to reduce the risk of SIDS include:

-  Do not smoke during pregnancy, and do not smoke or allow smoking around your baby.
-  Do not drink alcohol or use illegal drugs during pregnancy.
-  Breastfeed your baby.
-  Visit your baby's health care provider for regular checkups. Your baby will receive important shots to prevent disease.
-  Offer your baby a pacifier at nap time and bedtime. If you are breastfeeding your baby, you may want to wait to use a pacifier until breastfeeding is well-established.

How to Manage Breast Engorgement for the Bottle Feeding Mother

All mothers will make milk in the first days after delivery, regardless of how they choose to feed the baby. When the breasts begin to make milk a few days after baby is born, the breasts can become very uncomfortably full, swollen and feeling very firm to the touch and heavy. This is called engorgement.

The following tips may not necessarily speed up the process or slow down your milk production, but they can help make you feel more comfortable as your breast milk dries up:



However, soft surfaces can increase the risk of sleep-related death. A firm sleep surface helps reduce the risk of SIDS and suffocation.

 **Keep your baby's sleep area (for example, a crib or bassinet) in the same room where you sleep until your baby is at least 6 months old, or ideally, until your baby is one year old.** Accidental suffocation or strangulation can happen when a baby is sleeping in an adult bed or other unsafe sleep surface. Sharing a room with your baby is much safer than bed sharing and may decrease the risk of SIDS by as much as 50%. Also, placing the crib close to your bed so that the baby is within view and reach can also help make it easier to feed, comfort, and monitor your baby.

 **Keep soft bedding such as blankets, pillows, bumper pads, and soft toys out of your baby's sleep area. Additionally, do not cover your baby's head or allow your baby to get too hot.** Some parents may feel they should add sheets or blankets to their baby's crib to help keep their baby warm and comfortable while sleeping. However, sheets, comforters, and blankets can increase the risk of suffocation or overheat your baby. If you're worried about your baby getting cold during sleep, you can dress them in sleep clothing, like a wearable blanket. In a recent report, CDC scientists and colleagues found that infant suffocation deaths during sleep were most frequently due to soft bedding, such as blankets and pillows.