

Bottle feeding

The adapted milk used with feeding bottles is made from cow milk that has been modified to resemble human milk. **Until the baby reaches one year of age, the only appropriate nutrition for her is human milk or a specialized infant formula.** The **initial milk** is type I, and it should be used until the child reaches six months of age. After that point, the recommendation is to transition to **continuation milk**, also known as type II.

Equipment required

- 2 to 3 feeding bottles (wide neck for best cleaning) with graduations at water levels.
- Teats having the correct diameter for the hole size so that milk flows out “drop by drop.”
- A large, lidded pot to boil feeding bottles in.
- A brush to clean bottles.

Bottle preparation

1. Make sure you **thoroughly wash your hands** with soap and water before bottle feed preparation.
2. **Always pour the water first, then the milk powder.** You may use bottled water, which is low in minerals such as sodium, or tap water. If you are uncertain, boil the water for one minute.
3. Fill the bottle with water up to the eye level mark. You can warm it up in the microwave.
4. Add **one level spoonful of milk to each 30 ml of water:**
 - 30 mL: 1 spoonful
 - 60 mL: 2 spoonful
 - 90 mL: 3
 - 120 mL: 4
 - 150 mL: 5
 - 180 mL: 6
 - 210 mL: 7
 - 240 mL: 8
5. Gently shake the mixture.
6. Store the powder milk tin in a cool dry place.

7. Prepared milk can be refrigerated up to 24 hours. Do not store milk in bottle warmers or thermo flasks. Follow the instructions on the package.
8. Milk can be heated in the microwave or in water bath. When heating milk in the microwave, it is essential to stir thoroughly to avoid hot spots that could potentially burn the baby.

Bottle feeding

- Before feeding, check bottle temperature by dripping a few drops onto the back of your hand.
- Hold your baby and cradle her in a semi-right position. Never feed with baby lying down or sitting.
- While feeding, keep the teat always full of milk to prevent baby from swallowing air.
- **Throw excess milk away.**
- After feeding, it is recommended to hold the baby upright for several minutes to facilitate digestion and minimize the risk of reflux.



Bottle cleaning

- Wash bottle with water and soap, using the brush. Turn teats inside out and rub the brush against them.
- The next step is to disinfect the teats and bottles. The bottles should be boiled upside down for two to three minutes, and the teats should be boiled in a pot with three fingers of water. To ensure optimal freshness and longevity, teats can be placed on a drying rack.
- Store the bottles covered, with the teats inside and upside down.
- It is also advisable to periodically check the condition of the teats and bottles to ensure they are not damaged or worn. If you notice cracks or signs of deterioration, please replace them immediately.