

Bottle Feeding

The adapted milk used with feeding bottles is made from cow milk modified to resemble human milk.

Until the baby is one year old, all she can take is human milk or adapted milk. Starting milk (type I) until she is 6 months old, continuation milk (type II) thereafter.

Equipment required

- 2 to 3 feeding bottles (wide neck for best cleaning) with graduations at water levels.
- Nipples with suitable hole to allow the milk to drip.
- 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 or tap water. If in doubt, boil water for 1 minute.

Pour water keeping the bottle with water graduation at eye level. You may wish to warm it in the microwave.

3. Add **one level spoonful of milk to each 30 ml of water.**

Water	Spoonfuls
30 ml	1
60 ml	2
90 ml	3
120 ml	4
150 ml	5
180 ml	6
210 ml	7
240 ml	8

4. Gently shake the mixture.
5. Store the powder milk tin in a cool dry place.
6. Prepared milk can be refrigerated up to 24 hours. Do not store milk in bottle warmers or thermo flasks.
7. Milk can be heated in the microwave or in water bath.

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 nipple always full of milk to prevent baby from swallowing air.
- **Throw excess milk away.**



Bottle cleaning

- Wash bottle with water and soap, using the brush. Turn nipples inside out and rub the brush against them.
- Both nipples and bottles should then be disinfected. Place bottles (upside down) and nipples in a pot with a small amount of water, then allow to boil for 2-3 minutes. Nipples will last longer if you place them on a rack.
- Store bottles upside down, with nipples inside.

