

A Guide to Safe Formula-Feeding

PACED BOTTLE FEEDING

Paced bottle feeding slows the flow of milk from the bottle, which can help prevent overfeeding. When using this method, babies can participate in the feeding as they are ready.

- Hold your baby upright or on his side. Support his head and neck with your hand rather than the crook of your arm. A feeding should take 15-20 minutes, so choose a slow flow nipple. Never feed your baby lying flat or prop a bottle.
- Be patient and respectful of your baby. Wait for him to open his mouth rather than push the bottle in. Place the tip of the bottle nipple just below his nose and let him seek the nipple. The baby's lips should touch the collar of the bottle nipple.
- Let your baby set the pace and allow him to take the rests during the feeding. It can be stressful to babies when they are unable to control the flow of milk. Never force a baby to finish a bottle if he signals that he is full.



Hold your camera app over this code for a helpful video:

HOW MUCH AND HOW OFTEN?

How much and how often your baby feeds will depend on your baby's needs. Your newborn baby's belly is tiny. He or she does not need a lot of infant formula with each feeding to be full.

- You can start by offering your baby 1 to 2 ounces of infant formula per feeding if your baby is only getting infant formula and no breast milk. Give your baby more if he or she is showing signs of hunger.
- Most newborns will feed 8 to 12 times in 24 hours.
- As your baby grows, his or her belly grows too. Your baby will be able to drink more infant formula at each feeding, and the time between feedings will get longer.

If you have questions about your baby's growth or how much infant formula he or she is taking, talk with your child's doctor.



How to Prepare and Store Powdered Infant Formula

MANAGING ENGORGEMENT

Whether or not you choose to, your body will still prepare for breastfeeding. Between 2 and 5 days after delivery, expect your breasts to become full as your milk volumes increase. You may experience engorgement, which is when your breasts become swollen and painful. Engorgement usually goes away on its own, but occasionally, it can lead to plugged milk ducts or mastitis.

Milk production is driven by supply and demand. The amount of milk produced depends on how much you breastfeed or express milk. If you do not breastfeed or express milk, your milk will dry up on its own, usually within 7-10 days.

Breast Care Tips:

- Wear a supportive bra or sports bra. Do not “bind” your breasts or wear a bra that’s too tight, which can lead to more pain and potentially plugged ducts or mastitis.
- Apply ice packs or cold compresses to the breasts for 15 minutes every hour to reduce swelling. Wrap the ice pack in a thin cloth to protect your skin. Pro tip: make your own ice packs using clean disposable newborn diapers. Just pour clean water on the diaper, freeze, and place in your bra.
- Take pain medication, like ibuprofen, as needed to help with inflammation.
- Express milk just a bit by hand if you’re feeling very uncomfortable, but only enough to soften the breasts. The more you express, the more milk you will produce, and the longer it will take for your milk to dry up.
- Consider applying cold cabbage leaves to help reduce pain and swelling. Evidence is mixed, but it is inexpensive and considered safe.

Continue this care until your breasts are soft. And call your doctor if you have painful, warm lumps in your breast, feel tired and achy, or have a temperature over 100° F.

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