

Patient Information

Maternity

Formula feeding your baby

Breastfeeding is the healthiest way to feed your baby. If you decide not to breastfeed or have stopped breastfeeding, it is possible to restart. This can be difficult because your milk supply will naturally reduce once you are not breastfeeding, but it can increase again to meet your baby's needs. Giving infant formula to a breastfed baby will reduce your breast-milk supply



If you have made an informed decision to formula feed, at University Hospitals Coventry and Warwickshire, we encourage you to give your baby their first feed whilst remaining in skin to skin following birth as this helps to start building a close and loving relationship. Holding your baby in skin to skin for at least an hour or until after their first feed also helps them adapt to life outside the womb.

Important Note

If you have chosen to formula feed, please be aware that at University Hospitals Coventry and Warwickshire, we cannot store opened bottles of formula in our fridges or provide formula milk. Therefore ALL parents who choose to formula feed will need to bring 'First Milk Starter Packs' into hospital with them.

These come in boxes of 6x70ml bottles with teats.



What is infant formula?

Most infant formula is made from cows' milk that has been treated to make it suitable for babies. You should not feed your baby other formulas unless your midwife, health visitor or GP recommends you to.

First Milk (Stage 1) Infant formula

First milks are recommended for at least the first six months of life. They can stay on this formula as you start to introduce solid food and can continue until one year of age.

Hungry Baby Milks (Not recommended)

There is no evidence that babies settle better or sleep longer when fed this formula. Unless your doctor or health visitor gives you different advice, there is no need to switch to these milks. Babies can drink first infant formula until they are one year old.

What is responsive bottle feeding?

The early days with your baby are a great time to get to know and love each other. This can be done by keeping your baby close to you, enjoying skin contact and feed your baby when they show signs of being hungry. Signs of feeding cues are moving their head and mouth around and sucking on fingers. Babies will feel more secure if most feeds are given by mum and dad, especially in the early weeks, as this will really help you bond with each other. Crying is the last sign of wanting to feed, so try and feed your baby before they cry.

What equipment you need to make formula feeds?

- Bottles with teats and bottle covers.
- Bottle brushes/teat brushes.
- Formula milk powder (Home use) or ready to feed liquid formula (In-Hospital or out and about)

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- Sterilising equipment (cold water steriliser, microwave or steam steriliser)

How to clean and sterilise equipment

Always clean feeding bottle, teat and cover in hot soapy water using a clean bottle brush. Rinse in cold running water.

Cold water sterilising

- Always follow the manufacturer's instructions.
- Change the sterilising solution every 24 hours.
- Leave feeding equipment in the sterilising solution for at least 30 minutes.
- Make sure that there is no air trapped in the bottles or teats when putting them in the sterilising solution
- Keep all the equipment under the solution with a floating cover.

Steam sterilising (electric steriliser or microwave)

- As there are different types of steriliser it is important to follow the manufacturer's instructions.
- Make sure the openings of the bottles and teats are facing down in the steriliser.
- Manufacturers will give a guide as to how long you can leave equipment that you are not using straight after sterilising before it needs to be resterillised.
- We use steam sterilising bags in the hospital.

Making a formula feed using powdered infant formula

1. Only make up one bottle at a time as needed (Do not make several in advance)
2. Fill the kettle with at least 1 litre of **fresh tap water from the cold tap** (don't use water that has been boiled before).
3. Boil the water. Then leave the water to cool in the kettle for **no more than 30 minutes so that it remains at a temperature of at least 70°C**.
4. Clean and disinfect the surface you are going to use.
5. It's really important that you **WASH YOUR HANDS**.
6. If you are using a cold-water steriliser, shake off any excess solution from the bottle and the teat, or rinse the bottle with cooled boiled water from the kettle (not the tap).
7. Stand the bottle on a clean surface.
8. Keep the teat and cap on the upturned lid of the steriliser. Avoid putting them on the work surface
9. Follow the manufacturer's instructions and pour the correct amount of water into the bottle. Double check that the water level is correct.
- 10. Always put the water in the bottle first, while it is still hot, before adding the powdered infant formula.**
11. Loosely fill the scoop with formula – according to the manufacturer's instructions – and level it off using either the flat edge of a clean, dry knife or the leveller provided.
12. Holding the edge of the teat, put it on the bottle. Then screw the retaining ring onto the bottle
13. Cover the teat with the cap and shake the bottle until the powder is dissolved.
14. It is important to cool the formula so it is not too hot to drink. Do this by holding the bottom half of the bottle under cold running water. Move the bottle about under the tap to ensure even cooling. Make sure that the water does not touch the cap covering the teat.

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15. Test the temperature of the infant formula on the inside of your wrist before giving it to your baby. It should be body temperature, which means it should feel warm or cool, but not hot.
16. If there is any made-up infant formula left after the feed, throw it away.
17. Your baby should always be held during a feed, never left unattended, and never prop your baby up using a pillow or the bottle.

How do I know if my baby is getting enough infant formula?

Baby's weight gain and the number of wet and dirty nappies will help to tell you if your baby is getting enough formula. From 5-6 days after the birth to 6 weeks old, your baby should be producing at least six wet and two dirty nappies a days, and the amount of poo varies from baby to baby. If you are concerned your baby is not getting enough milk, speak to your midwife or health visitor.

Paced Responsive Feeding

Health Professionals now promote the new Paced Responsive Feeding Technique, which is extremely simple and has various benefits:

- It avoids overfeeding which can potentially cause obesity later in life
- It makes switching between breast and bottle easier and can reduce air intake, a potential cause of colic
- Improves bonding and attachment between you and your little one whilst using a feeding bottle
- Improves baby's hand eye co-ordination and enhances eye development
- Reduces the risk of over feeding

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Lansinoh – Paced Bottle Feeding

<https://lansinoh.co.uk/paced-responsive-feeding/>

NCT formula feeding

www.nct.org.uk/baby-toddler/feeding/early-days/whats-best-kind-formula-milk

UNICEF - Department of Health's Guide to bottle feeding

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/bottle-feeding-resources/guide-to-bottle-feeding/>

UNICEF

www.unicef.org.uk/babyfriendly/

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Document History

Department:	Maternity
Contact:	024 7696 7369
Updated:	September 2020
Review:	September 2022
Version:	4
Reference:	HIC/LFT/1227/11