



# How Do I Mix My Baby's Formula?



**Follow these steps** to make your baby's bottles as safely as possible or talk to your doctor about the best way to make your baby's formula.

These guidelines are recommended by the Centers for Disease Control and Prevention.

# Cleaning Bottles

Clean and sterilize bottle parts and nipples in a dishwasher with hot water and a hot drying cycle.  
If you don't have a dishwasher with hot water and a hot drying cycle, follow these steps.

1



Wash your hands well for 20 seconds with soap and warm water; then dry.

2



Separate all bottle parts (bottle, nipples, caps, rings, valves) and wash them with hot, soapy water and a bottle brush.

Be sure clean, safe, water goes through the nipple and then rinse completely.

Allow items to air dry on a clean cloth or paper towel.

3



At least once daily, place bottle parts and nipples in a large pot, cover with water and boil for 5 minutes.

Remove items from pot, place upside-down on a clean cloth or paper towel to air dry.

# Making the Formula

1



Clean the area where you will prepare the bottles.

2



Wash your hands well for 20 seconds with soap and warm water; then dry.

3



Read the instructions on the formula label to find out how much water and formula you need to mix. Adding more or less formula than required can make your baby sick.

Use water from a clean source to mix your formula. If you are unsure if your water is safe to use, contact your local health department.

# Protect Against Bacteria

If your baby is younger than 3 months old, was born prematurely or has a weakened immune system, include these steps to protect against bacteria that may be in the formula.



## **Powdered formula:**

Powdered formula is not sterile so you need very hot water to kill bacteria.

Heat water to at least 158 F/70 C. To do this, boil the water and then let cool for 5 minutes.



Being careful to avoid burns, pour the correct amount of heated water into a clean and sterile bottle.

Add the correct amount of formula right away, attach nipple and ring to the bottle, and shake well to mix.



Quickly cool hot formula by holding the bottle under cold running water or by placing it in a bowl of cold water. This will bring it to a safe temperature for your baby.

To warm a cold bottle of formula, place it in warm water for several minutes.

**Never microwave your baby's formula.**



## **Liquid concentrate formula:**

Liquid formula is sterile so water does not need to be heated. Using water from a safe source, follow mixing instructions on the can. Attach nipple and ring to a clean and sterile bottle. Shake well to mix.

# Feeding Your Baby

1



Check the temperature by sprinkling a few drops on your arm to make sure it is not too hot before feeding.

2



Begin your feedings by following your baby's signs he is hungry. For example, a hungry baby may suck on his fingers or turn to look for food.

3



Hold your baby making sure his head is a little higher than the rest of his body.

Holding him this way can help prevent choking and ear infections. It also helps your baby have more control over the amount he eats. Eating too much can lead to an upset tummy and can cause him to gain weight too quickly.

**Never prop your baby's bottle with a pillow or blanket or leave your baby unattended while bottle feeding.**

4



Hold the bottle at an angle so that only the nipple is filled with formula. When your baby seems to be slowing down drinking, tip the bottle back to give him a rest. Stop feeding when he turns his head away or spits out the nipple.

5



Throw out any formula left in the bottle after each feeding. The combination of infant formula and your baby's saliva can cause germs to grow.

# Storing Your Formula



- Store unopened infant formula cans in a cool, dry, indoor place – not in cars, garages or outdoors.
- Keep powdered formula lids and scoops on clean areas.
- Close containers of powdered infant formula as soon as possible.
- It is best to use formula within two hours of preparation. If you do not plan to use the prepared formula right away, put it in the refrigerator immediately and use within 24 hours.
- When in doubt, throw it out. If you can't remember when you made the formula, it is safer to throw it out than to feed it to your baby.



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