

## FORMULA FEEDING

1. If you are unable to breastfeed during the first year of your baby's life, an alternative is infant powder formulas. These formulas are made from cow's milk and not human milk.

2. **NB never use skimmed milk, condensed milk, coffee creamers or dairy blends to feed your baby!**

### THE CUP AND HOW TO CLEAN IT

The CUP must be clearly marked in **ml** (millilitre) and not **fl oz** (fluid ounces).

Germs grow quickly in milk if it is not prepared correctly or if the cups are not washed properly. These germs cause diarrhoea (runny stools) that can kill your baby.

Wash cups after every feed with warm water and soap. Scrub the inside of the cup with a bottle brush to get rid of all the fatty milk deposits



### PREPARATION OF FEEDS

1. Wash your hands before preparing a feed



2. Boil drinking water for 5 minutes and cool. Use the cooled water to mix the powder



3. Measure the water by using the markings on the cup in ml (millilitres)



4. Measure the powder – one scoop for every 25 ml water. Measure exact amount of formula powder. Level off each scoop with the back of a clean knife.



5. Add correct number of scoops: Mix only enough milk for each feed. Close lid on formula tin to keep dirt and moisture out. Keep in a cool place

1 scoop → 25 ml	6 scoops → 150 ml
2 scoops → 50 ml	7 scoops → 175 ml
3 scoops → 75 ml	8 scoops → 200 ml
4 scoops → 100 ml	9 scoops → 225 ml
5 scoops → 125 ml	10 scoops → 250 ml

6. Place cap on cup and shake cup well to mix the water and milk powder. When feed is required pour the milk into the small feeding cup. Do not overfill this cup.

Feed your baby every 3 to 4 hours in the first 4 months of life and as the baby demands thereafter.

When travelling prepare water and powder separately.

Place boiled water in cup and close cup with cap

Place correct number of scoops in a separate container.

Mix the powder with the water when baby wants to feed.

Shake well



### PROCEDURE TO CUP FEED

- Wrap the baby so the cup will not be knocked over by the baby's hands.
- Support the baby in an upright sitting position. The head must be in a straight line, not turned to the side, bent backwards or forwards.
- Fill the 30 cc medicine cup at least half full with formula.
- Place the brim of the cup at the outer corners of the upper lip, resting gently on the lower lip with the tongue inside the cup. (Some term infants may prefer their tongue under the lip of the cup.)
- Tip the cup so the milk is just touching the baby's lips. **Do not pour the milk into the baby's mouth.**
- The infant usually laps the milk, or may sip it.
- **Allow time for the infant to swallow.**
- Let the infant pace the feedings, but limit the length of the feeding to approximately 30 minutes to minimize fatigue.
- Stop to burp from time to time.
- Leave the cup in position during the feed; that is, while the baby rests, do not move the cup from this position.
- Do not attempt to cup feed an infant who is not alert or who is excessively sleepy.

### THE RISKS OF GIVING FORMULA FEEDS

- A higher illness rate due to lack of protective elements contained in breast milk.
- Lack of optimal balance of nutrients, for example those needed for brain growth & intestinal development.
- Powdered infant formula is not sterile & during manufacture may be contaminated with bacteria, which has caused serious illness & death in infants.
- Infant formula is made from cow's milk which lacks some vital ingredients. It may also lead to constipation and or colic.
- Water used for washing cups or mixing infant formula may be contaminated.
- Errors in mixing the formula may lead to diluted or too concentrated formula and this may cause illness or malnutrition in the baby.
- Formula is expensive and in trying to make the powder last longer,

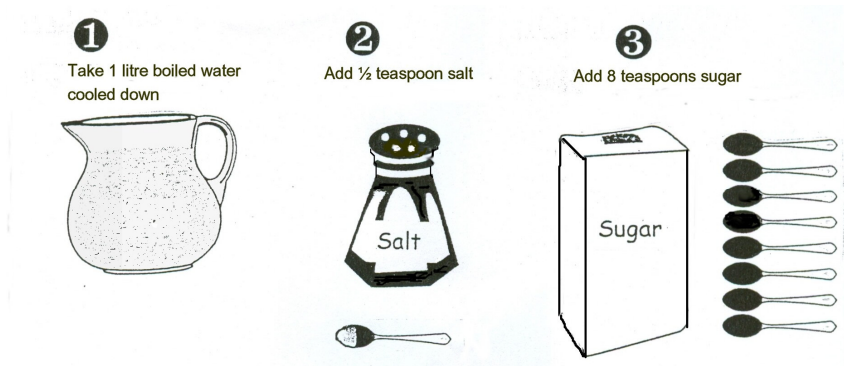
- dilution of the formula is often a problem, which may lead to malnutrition.
- Formula may often be given to settle a crying baby, which can lead to overweight & food being seen as the solution to unhappiness.
- Water & teas may be given instead of breast milk or formula resulting in less milk consumed overall & poor weight gain.
- Purchasing infant formula creates unnecessary expenses for the family & means less food for other family members.

### MY BABY HAS DIARRHOEA

Diarrhoea is caused by germs in dirty drinking water or food and the baby's stools become too watery. A baby with diarrhoea loses water very quickly and needs to drink a lot of liquid.

There is a special drink, which you can make at home, to replace the water the baby is losing. Boil 1 litre of **clean** water and let it cool down before you add salt and sugar

#### How to mix the drink:



Give the special drink to your baby as soon as diarrhoea begins. Give your baby little sips every 5 minutes with a spoon or cup, until you get to the clinic.

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### FEEDING ADVICE FOR YOUR BABY

1. Formula feeding
2. Cup Feeding
3. My baby has diarrhoea

