



Bottle Feeding Tips

- Spend time enjoying being close to your baby when you feed her - don't leave her unattended with a bottle.
- Don't let your baby go to bed with a bottle - it can do horrible damage to her developing teeth.
- Once your baby has finished her milk, remove the bottle.
- When you've got made up bottle of formula ready, store them in the back of the fridge where the temperature is more consistently cold.
- Any refrigerated formula that isn't used within 24 hours should be thrown away.
- Throw away the dregs of every bottle you use and offer a fresh bottle at the next feed.

Bottle feeding safety issues:

- You should always check the expiry date on any formula before you buy it.
- Once the formula tin's been opened, you must throw away any unused formula after a month.
- Always thoroughly wash your hands before beginning to make up formula.
- **Sterilise bottles** and all equipment you plan to use for making up formula.
- Until your baby is 12 months old, you should always use cooled boiled water when you make up formula.
- Always follow the manufacturer's instruction when making up formula.
- Use the scoop that is included in the formula tin - each manufacturer has their own scoop that measures out a portion that is correct to make formula up to their specifications.
- Always use the correct amount of formula - don't add a little extra to fill your baby up as you risk dehydrating your baby and putting unnecessary pressure on her digestive system.