



# Formula Feeding

Virtual Parenting Hub - Online advice, support, and guidance empowering parents to work through challenges and find solutions.



# Formula Feeding

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- If you make an informed decision not to breast feed or if you can not for any reason, a baby formula is the only safe alternative.
- All baby formulas in Australia are regulated and need to meet a standards code
- All baby formulas are of a similar quality
- A baby formula requires the correct preparation with hygienic practices
- A cow's milk-based baby formula will be required for the first 12 months of your baby's life, unless your baby has a cow's milk protein allergy, which will require you to see your Doctor
- You can not give your baby a cow's milk drink until they are 12 months old
- Baby formulas contain casein or whey protein, vitamins, minerals, and fats but it is not the same as breast milk
- Changing formulas regularly is not recommended
- The most expensive formula does not mean it will necessarily suit your baby
- A follow-on baby formula from 6-12 months is not necessary, you can continue to use a newborn baby formula

# Mixed Feeding

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Mixed feeding is when you are breast feeding and using baby formula as well. You may need to mix feed if your baby has

- Low birth weight
- Is unwell
- Is premature
- Is not gaining weight
- If you choose to



# Preparing Baby Formula

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- Wash your hands with soap
- Boil fresh tap water
- Let it cool for 30 minutes
- It is best to make one bottle at a time just before feeding
- If you do make a bottle in advance, it must be refrigerated and discarded after 24 hours
- Read the instructions on the back of the formula tin
- Use your sterilised bottles and teats
- Pour the correct amount of boiled water into the bottle first
- Measure the formula with the scoop provided in the tin
- Level the scoop off with a knife
- Place the teat and cap onto the bottle and shake well
- Test the temperature of the bottle on your wrist
- If there is any formula left over that your baby does not finish, you must discard it

# Sterilising Equipment

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**Boiling is the preferred method for sterilising.**

- Wash bottles, teats and caps in hot soapy water using a bottle brush and then rinse
- Place your washed bottles, teats and caps in a large pot and cover with water
- Place the pot on the back burner
- Bring the water to the boil
- Allow the equipment to boil and bubble for 5 minutes
- Allow the equipment to cool until you can remove it
- Store the equipment in a container with a lid inside the fridge



# Steam Sterilisers

These are automatic units that raise the temperature quickly and kill any bacteria.

- Read the unit instructions
- Place the washed bottles, teats, and caps inside the unit
- You will add water as per instructions
- Turn on the unit
- Place sterilised equipment in a clean container with a lid inside the fridge



# References

1. National Health and Medical Research Council, 2012, Australian Government, Infant Feeding Guidelines
2. [raisingchildren.net.au](http://raisingchildren.net.au)