

Prepare Infant Formula Safely

Parents who feed their babies formula must follow safety tips to protect their babies.

Why? Unsafe practices can cause bacterial infections such as E. Sakazaki. Powdered formula is **not sterile**.

1. Scalds and burns. Hot or very warm formula burns a baby in **seconds**.
2. Formula mixed without proper nutrients. For example, mixing formula with **hot water** can destroy nutrients.
3. Formula that is not properly mixed. Formula that is too strong may cause diarrhea.
4. Adding too much water denies baby the needed nutrients. Over time, a baby could develop seizures or brain damage.

Start your safety routine at the store. Avoid dented cans of formula. Check the date the formula expires.

At home, read and **carefully follow the directions on the formula label**. If you do not understand the directions, ask a nurse or doctor for help.

Boil **new** bottles and nipples **for at least 5 minutes**. Carefully clean all bottle parts after each feeding.

Before preparing the formula, write out your step-by-step plan. **Follow this plan every time you make a bottle**. Make sure other caregivers follow your plan.

Prepare one bottle at a time – just before feeding. If you **must** prepare a bottle in advance, refrigerate **only** the boiled **water** in the bottle. Then, at feeding time:

- Warm the bottle in warm water or a bottle warmer. **Do not microwave.**
- Add the formula per directions and shake. Formula mixes best in **warm** water.



Sample Plan

1. Wash your hands with soap and water.
2. Clean the counter/table where you prepare the bottle. Wash it with soap and water.
3. Wash the bottle and nipple with **hot, soapy water**. Rinse them. Or, use the dishwasher.
4. Put **cold tap water** in a pan. Once the water starts boiling (bubbling), let it **boil for 1 minute**.
5. Let the boiled water cool so it is just **warm to the touch**.
6. Pour the cooled water into the clean bottle.

At Feeding Time

7. Add the powdered formula. Use the measuring scoop in the formula package. Keep the scoop dry. Level off the formula with a sterilized knife or the level in the package.
8. Place the nipple on the bottle. Shake the bottle until the powder dissolves.
9. Shake a few drops of formula on the inside of your wrist. The formula should feel warm or cool.
10. Feed your baby. Formula should be used **within 1 hour** – from shaking to the end of baby's feeding.
11. Throw away any formula left in the bottle at the end of 1 hour.

Brought to you by Parent Help Line at HSHS St. John's Children's Hospital to help keep kids safe, healthy and happy.



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
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