

Formula Feeding your Baby

Measuring Powdered Formula

Mix according to the directions on the label. One scoop of powdered formula is needed for every 2 ounces of water.

1. **Water:** Measure the amount of water you need first.
2. **Add formula:** Always use the scoop provided with the formula. When measuring formula, the scoop should not be packed or heaped. Return dry scoop to the can after use.
3. **Mix:** Shake the water-formula mixture well.

How Much Does Your Baby Need?

Breastfed babies limit their own intake of milk because they have to work hard to get it. Formula-fed babies lie back and swallow what is given, so be careful not to overfeed your baby! Some babies may want to suck on a pacifier after feedings due to higher needs for sucking.

Age	Ounces
Few days old	2-3 ounces every 3-4 hours
1 month old	4 ounces every 4 hours or so
6 months old	6-8 ounces, 4-5 times a day

Signs of Hunger:

- Drinks bottle quickly & smacks lips
- Repeatedly putting hands in mouth
- Rooting (moving head toward caregiver's body)

Signs of Fullness:

- Stops sucking & lets go of nipple
- Fidgets or gets distracted
- Turns head away



Safety Tips:

- Always hold your baby when bottle feeding.
- Do not put your baby to bed with a bottle.
- Let your baby decide when he or she is finished.
- Throw away any prepared formula your baby does not finish.
- Heat formula in warm water rather than the microwave. Microwaves can heat unevenly causing the liquid to get too hot for the baby's mouth.

Making a Single Bottle

To Make:	Water	Formula
2 ounce bottle	2 ounces	1 scoop
4 ounce bottle	4 ounces	2 scoops
6 ounce bottle	6 ounces	3 scoops
8 ounce bottle	8 ounces	4 scoops

The First Year:

The table below lists the recommended amount of formula per day for the first year. However, it is important to feed on demand. Babies will go through growth spurts and may require more than the recommended amounts during those times. Your baby should not have more than 32 oz. of formula per day. If he/she consistently wants more formula, talk with your medical provider.

Age	Ounces per day
0-1 month	12-24
1-2 months	22-28
2-3 months	24-32
3-4 months	24-32
4-6 months	24-32
6-8 months	24-32
8-10 months	24-32
10-12 months	16-24

Spitting-Up in Infants

Spit up is **normal** in infants. It is seen more frequently at 1-3 months of age in infants and slows down during months 4-12. Spit up occurs when the flap between the throat and stomach is not fully developed. When a baby eats too much or too quickly, the flap releases the contents of the stomach, causing the baby to spit up.

Treatment:

- Be careful not to feed too much at a time. Stop feeding when your baby seems full. Follow your baby's cues for when he/she is full. These can include when your baby:
 - ◆ Stops sucking, lets go of nipple (breast or bottle)
 - ◆ Looks relaxed or sleepy, opens fists
 - ◆ Turns head away
 - ◆ Closes mouth tightly
- Burp your baby frequently (after every 1-2 ounces) to prevent the build-up of air in the stomach.
- Feed slower to allow the stomach contents more time to empty into the intestines.
- Keep your baby upright after feeding for at least 20 minutes. This allows gravity to help prevent the stomach contents from coming up.

Spitting Up or Throwing Up?

Spit Up	Vomiting
<ul style="list-style-type: none">• Small amounts• Doesn't cause muscle contractions in stomach• Doesn't distress baby	<ul style="list-style-type: none">• Larger amounts• Muscle and diaphragm contractions• Baby is irritated or distressed

When to get help:

Occasionally, the spitting up may be so frequent and such a large volume that the infant may not gain weight appropriately. This is much more concerning and may require specific tests and more aggressive treatment.

Normal spitting up doesn't interfere with a baby's growth or well-being. Contact your baby's doctor if your baby:

- Isn't gaining weight
- Spits up so forcefully that stomach contents shoot out of his or her mouth
- Spits up green or yellow fluid
- Spits up blood or a material that looks like coffee grounds
- Resists feedings
- Has blood in his or her stool
- Has other signs of illness, such as fever, diarrhea or difficulty breathing

