



The Maryland Department of Health and Mental Hygiene Hospital Breastfeeding Policy Maternity Staff Training Program

Supporting the Mother Who Feeds With Bottles and/or Infant Formula
Session 9



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Objectives

- › Discuss teaching points for families who are not breastfeeding
- › Highlight safe infant formula preparation instruction for postpartum mothers
- › Identify safe bottle feeding techniques

Determining How and What to Feed an Infant


- › Marketing directly to families
- › Healthcare providers



Source: United States Department of Agriculture (USDA)

Counseling on Formula Choice


- › Educate
 - Informed choice
- › Individualize
- › Safety
 - Contamination occurs in many ways



Source: United States Breastfeeding Committee

Teach Parents Preparation of Infant Formula


- › Choose formula sold in liquid form, especially for very young babies
- › Clean up before preparation
- › Prepare safely
- › Store prepared formula safely and use quickly
- › Practice proper hygiene



Source: United States Breastfeeding Committee

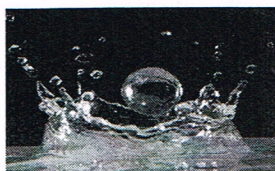
Safe Preparation of Infant Formula

- › Sterilize bottles, nipples, feeding equipment
- › Use safe water
- › Sterilize water used to reconstitute formula
- › Powdered formula must be mixed with water that is 158° F
- › Bottled water that parents purchase is not sterile



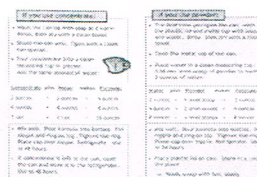
Water for Preparing Formula

- › Tap water
- › Bottled water



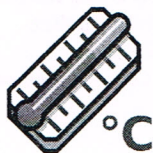
Teach Formula Preparation

- › Use powdered formula for partially breastfed infants
- › Liquid formulas safer for infants
- › Refrigerate prepared formula that will not be used immediately



Refrigeration

- › Temperature important



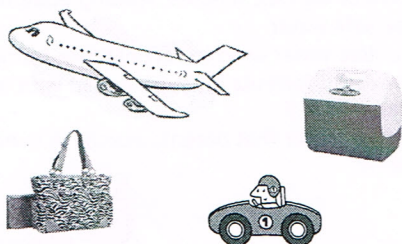
Proper Warming of Formula

- › Place bottle in bowl/pan of hot but not boiling water
- or
- › Hold bottle under warm running water
- › Shake bottle to facilitate even heating



- Formula temperature should be checked prior to feeding
- Never warm formula in the microwave

Transporting Formula from One Place to Another



Safe Bottle Feeding

- › Never prop bottles
- › Just a little – baby's tummy is small
 - Can always add more
- › Respond to baby's cues
 - Turning face away
 - Pushing bottle away
 - Crying



Source: Maryland IMC Program

Conclusion

- › Safe and Happy Baby



Source: United States Breastfeeding Commission

References

- › World Health Organization. (1981). International Code of Marketing of Breast-Milk Substitutes. <http://whqlindoc.who.int/publications/9241541601.pdf>
- › World Health Organization. (2007). Guidelines for the safe preparation, storage and handling of powdered infant formula. <http://www.who.int/foodsafety/publications/micro/p82007/en/>