

Water, Water ... so good for me!

Bottle Feeding *a time to bond with your baby*

1. Hold your baby while feeding. Skin-to-skin touch is best for bonding. Do not pop bottle.
2. Hold your baby's head a little higher than body to help prevent ear infections.
3. Tilt the bottle so the milk fills the nipple and no air is swallowed.
4. Follow your baby's eating patterns—how long feedings take and how much baby eats.
5. Gently burp your baby after 3–4 ounces.
6. Only feed breast milk or formula in a bottle—no cereal or other solid foods.



Formula Preparation Tips

Powdered Formula

- Add 1 scoop of formula to each 2 oz. water.*
- Cap and shake vigorously.

Concentrated Formula

- Clean can, shake before opening.
- Mix equal parts formula and water.*
- Shake or stir well.

Ready-to-feed Formula

- Clean can, shake before opening.
- No water is needed.

* For infants less than one year old who drink only formula, discuss using non-fluoridated water with your dental provider.

Bottle Safety Tips



- Wash your hands well with soap and clean water.
- Wash and rinse equipment well or use sanitizing cycle on dishwasher.
- Store prepared formula in refrigerator no more than 48 hours. Breast milk can be refrigerated for 5 days.
- Heat breast milk or formula by placing bottle in hot water—do not heat in microwave.
- Throw out prepared formula after one hour at room temperature—do not reheat or reuse formula.

Stop Tooth Decay

- Gently wipe baby's gums and/or teeth with gauze after feeding.
- Do not put your baby or young child to sleep with bottle or sippy cup.
- After age 2, use a "smear" of fluoridated toothpaste to brush teeth—or as instructed by dental provider.
- Help young children brush teeth after meals and floss at least once a day.
- Fluoridated water and fluoride supplements can help prevent tooth decay. Talk with your dental provider.

***Tooth decay is
an infection
Treat it before it spreads!***



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