

DISCHARGE GUIDELINES FOR THE FORMULA FEEDING BABY

WHEN DO I MAKE MY BABY'S FIRST HEALTH CHECKUP?

If your baby is being cared for by a doctor

- Make an appointment with your baby's doctor within the first week following birth.

OR

If your baby is being cared for by a midwife

- Discuss with the midwife regarding your baby's first visit. Your midwife will likely want to visit you at home within 48 hours.

WHEN DO I CALL FOR HELP?

- If your baby is too sleepy or uninterested to feed at least every 4 hours during the day and once during the night (Note: baby may wish to feed on demand and more often during growth spurts: 2 weeks, 6 weeks, 3 months, 6 months.)
- Call after the 5th day if you do not see 8 wet diapers a day, or if the urine is a dark, tea colour. See chart on page 2.
- Call if your baby is sleepy, skin is yellow or the whites of the eyes are yellow and baby is not taking enough formula (see next page #2 "Suggested Amounts of Formula").
- Call if your baby's underarm temperature is greater than 37.5°C (99.5°F) or less than 36.5°C (97.7°F).

**Call at any time if you have other concerns about your baby.
Do not hesitate to see your Health Care Professional.**

WHO DO I CALL FOR HELP?

- Middlesex London Health Unit, 663-5317 ext. 2280, Weekdays 8:30 a.m. - 4:30 p.m.
- The Infantline, 675-8444, Evenings 4:30 p.m. - 10:00 p.m.; Weekends/Holidays 10:00 a.m. - 8:00 p.m.
- Your baby's doctor or your midwife.
- If you live outside London call your local health unit, your doctor, or your midwife.

IS MY BABY GETTING ENOUGH?

SUGGESTED AMOUNTS OF FORMULA

AGE	NUMBER OF FEEDINGS IN 24 HOURS	AMOUNT OF FORMULA PER FEEDING (ML)
Birth - 1 week	6-8	1-2 oz (30-60 mL)
1 to 2 weeks	6-8	2-3 oz (60-90 mL)
3 weeks to 2 months	5-7	4-5 oz (120-150 mL)
2 to 3 months	5-6	5-6 oz (150-180 mL)
3 to 4 months	4-5	6-7 oz (180-210 mL)
5 to 7 months	4-5	7-8 oz (210-250 mL)
8 to 12 months	3	7-8 oz (210-250 mL)

References

Nutrition Services, Middlesex-London Health Unit.
November 1997.

Adapted with permission from their brochure "Formula Feeding".

Lawrence R.A., Lawrence R.M.: (1999). Management of the Mother-Infant Nursing Couple. Breastfeeding: A Guide for the Medical Profession.
St. Louis: Mosby.

IS MY BABY GETTING ENOUGH?

BABY'S FIRST WEEK OF LIFE	BABY'S BEHAVIOUR AND NUMBER OF FEEDINGS	NUMBER OF STOOL IN 24 HOURS	NUMBER OF WET DIAPERS IN 24 HOURS
Day 1	<ul style="list-style-type: none"> May be sleepy May not feed much the first day Wake baby up and feed every 3-4 hours 	1 Black	1-3 <u>Note:</u> due to absorbency of diapers, place a Kleenex in diaper to check wetness
Day 2	<ul style="list-style-type: none"> May still be sleepy or can switch to feeding more frequently 6 to 10 x day 	1 Blackish/Green	2-3
Day 3	<ul style="list-style-type: none"> Baby shows more interest in feeding May want to feed around every 4 hours 	1 Blackish/Green	3 soaked
Day 4	<ul style="list-style-type: none"> Same 	1 Green/Gray	4 heavily soaked
Day 5	<ul style="list-style-type: none"> Same 	1 Green/Gray	5 heavily soaked
Day 6	<ul style="list-style-type: none"> Same Amounts at feedings can vary at night, baby will wake up on his/her own to be fed. 	1-2 Greyish beige soft (clay consistency) <u>Note:</u> after the first week stools normally become less frequent	6-8 and will remain this way for many months

Note: The early weeks are a learning time for you and your baby. Feeding habits change as your baby grows. Call your health care provider with ANY concerns.

Nutrition Facts

Infant Formula

Breast milk is the perfect food for a baby. Breast milk and /or infant formula are designed to meet a baby's nutritional needs for the first 6 months of life.



If a mom decides to formula feed her baby an iron-fortified, cow's milk protein formula should be used. Infant formulas are either cow's milk based or soy protein based. There are many formulas available on the market making formula selection confusing. This fact sheet groups formulas into broad categories and is designed to be used by the **Health Professional** to answer questions their clients may have about formula. Infants should continue to receive formula until at least 9-12 months of age.

Infant Formulas

Cow's Milk Protein Based Formulas

Indications for Use: "Routine Starter Formulas" for use by most healthy term infants who are not breast fed or are partially breastfed.

Enfamil (with iron 1.2 mg/100ml)
& lower iron .74 mg/100ml
(Mead Johnson)
Enfamil A+ (Mead Johnson)
Omega 3 & 6 added



Whey:Casein 60:40

Brand Names
Similac Advance Step 1 (Ross)
*omega 3 & 6 added



Whey:Casein 48:52

Good Start (Nestle) &
Good Start with
Omega-3 and
-6 (Nestle)



100%whey

Generic Brands: President's Choice (Loblaws) Whey:Casein 18:82 *

* The ratio of whey:casein **may** make this formula more difficult to digest for the younger baby. Delay introducing until after six months of age.

President's Choice Plus (with omega 3 & omega 6) Whey:Casein 60:40

President's Choice Organics (with omega 3 & omega 6) Whey:Casein 60:40

Parent's Choice (WalMart) Whey:Casein 60:40

Parent's Choice (WalMart) Infant Formula Milk Based with Lipids DHA and ARA
Whey:Casein 60:40

Kirkland (Cosco) Whey:Casein 48:52

Life Brand (Shoppers Drug Mart) Whey:Casein 60:40

Cow's Milk Protein Based Lactose Free Formula

Indications for Use: Infants with lactose intolerance (not protein intolerance). The carbohydrate lactose is replaced with corn syrup solids. Remember that lactose intolerance is not common in infants but may occur secondary to antibiotic therapy or following a GI disturbance. All are iron fortified.

Brand Names: Enfamil Lactose Free (Mead Johnson) and Similac Advance LF (Ross).

Soy Formulas

Indications for Use: According to Canadian Pediatric Society, Dietitians of Canada & Health Canada soy based infant formulas are not recommended as a routine formula, except for infants on a vegan diet and those diagnosed with galactosemia. Note this formula is lactose free and the protein is derived from soybeans (therefore does not contain cow's milk protein). There is a high incidence of cross-reactivity between cow's milk protein and soy protein isolate. All are iron fortified. Until 24 months, more suitable than a soy beverage because of higher fat content.

Brand Names: Alsoy with omega-3 and omega-6 (Nestle), Enfamil Soy (Mead Johnson), Isomil (Ross), Parent's Choice Soy Based Formula with Lipids DHA and ARA, President's Choice Soy Plus with omega 3 and 6.

Enfamil A+ Thickened

Indications for Use: For babies who spit up.

Brand Names: Enfamil A+ Thickened (with rice starch)

Hypoallergenic Formulas

Indications for Use: For infants with a **diagnosed** cow's milk protein allergy. These formulas are more expensive and have a distinctive flavour as the protein is hydrolyzed. All are iron fortified.

Brand Names: Enfamil Nutramigen (Mead Johnson) conventional fats

Alimentum (Ross) * * } Note the fats in these two formulas have been

Enfalac Pregestimil * } modified making them suitable for disorders
(Mead Johnson) involving fat digestion and absorption.

These hypoallergenic formulas are generally used under the supervision of a Physician.

Follow-Up Formulas

Indications for Use: Marketed as an alternative to cow's milk from 6-18 months of life when infants are eating solids. Follow-up formulas have advantages compared to cow's milk **but** there is no superiority to starter formulas. Starter formulas are appropriate for the first year of life. All are iron fortified.

Brand Names: Nestle Follow-Up Transition(Nestle), Good Start 2 with omega-3 & 6 (Nestle), Similac Advance Step 2 (Ross), Alsoy 2 (Nestle), Isomil Step 2 (Ross), Enfapro and Enfapro A+ (Mead Johnson), Parent's Choice Stage 2 Formula with Lipids, President's Choice Plus Step 2.

Nutrition Facts

Formula Feeding

If you decide to formula feed your baby or supplement with formula, the best choice is an **iron fortified cow's milk** formula. Iron fortified formula is recommended until your baby is **9 - 12** months of age. Avoid changing your baby's formula. Switching formulas does not usually help stomach upset, gas or fussiness, but often makes it worse. Before changing formulas call the Health Connection (519) 850-2280 to discuss feeding your baby or consult your doctor. Errors in making formula can make your baby sick.

- ✓ **Tap and bottled water can be used to make infant formula. It should be boiled until your baby is 4 months of age. Do not use distilled, carbonated or mineral water.**
- ✓ **Well water should be tested regularly. Contact Environmental Health at (519) 663-5317 ext. 2300 for more information. Well water should also be boiled as long as you use it to make formula**

Formula Preparation

- Wash your hands
- Wash all equipment with a brush in hot, soapy water. Rinse well.
- Throw out any nipples that are swollen, cracked or sticky.
- Place bottles, nipples, caps, can opener and measuring cups in a large pot and bring to a **rolling** boil on the stove top. Boil for **at least 2 minutes**. Remove from pot and air dry on a clean towel. Note, electric kettles and dishwashers do not sterilize equipment. When using microwave sterilizers, it is difficult to ensure that the water is kept to a rolling boil for 2 minutes.
- The bottles are now ready for expressed breast milk or ready-to-feed formula.
- If using powdered or liquid concentrate formula, bring water for making formula to a **rolling** boil for at least **2 minutes** to ensure it is germ free. Remove from heat and **allow to cool**. Boiled water can be stored in the refrigerator in a sterile, closed container for 2 to 3 days or at room temperature for up to 24 hours.
- **Powdered Formula:** Always read and **carefully** follow the directions on the can for the correct amount of powder and water to use.
- **Concentrated Liquid:** Clean the top of the can. Shake the can well. Open and combine equal amounts of formula and cooled, boiled water directly into the bottles. If it is difficult to measure exact quantities in your bottles, use a sterilized measuring cup. Mix and pour into sterilized bottles.

Sterilization should continue until your baby is 4 months of age.

Safety

Powdered formula is not sterile. This is not a concern for healthy babies. Do not use powdered formula for your premature baby or a baby with health concerns unless specifically recommended by your doctor. Always follow the manufacturer's directions carefully. For convenience and safety during hot weather or while travelling, keep the dry powder and water separate to prevent the growth of germs, then mix together just before feeding your baby.

Storage of Formula

- ✓ Check the formula label to see how long the prepared formula and open cans of formula can be kept.
- ✓ Formula should not be left out of the refrigerator for more than a total of 2 hours.
- ✓ Formula should not be used for more than 1 (one) hour after the start of a feed because bacteria has been introduced into the bottle.
- ✓ Don't freeze infant formula.

Feeding Your Baby

This is a guide **only** for the amount of formula your baby needs. **Always respond to your baby's hunger cues and feed on demand.**

Age	Estimated number of feedings per day	Minimum amount of formula required each day
0-1 months	8-10	12 ounces (360 ml)
1-2 months	6-10	24 ounces (720 ml)
2-3 months	6-8	24 ounces (720 ml)
3-4 months	5-7	24 ounces (720 ml)
4-5 months	5-6	30 ounces (900 ml)
5-6 months	5-7	30 ounces (900 ml)
6-8 months	4-5	24 ounces (900 ml)
9-11 months	3-4	24 ounces (900 ml)

Your baby is getting enough milk if he is growing well, has a regular bowel routine and has at least 6 wet diapers over 24 hours. Babies' appetites change from one feeding to another and during growth spurts. Growth spurts are common around 3-6 weeks, 2-3 months, and around 6 months. Your baby will let you know how often she needs to feed and how much she needs at each feed.

Feeding Tips

- ✓ When feeding, cradle your baby in your arms so that the head is slightly higher than the body – never prop your baby's bottle.
- ✓ To prevent your baby from swallowing too much air, hold the bottle at an angle so most of the nipple is in baby's mouth and the nipple is filled with milk.
- ✓ Burp your baby often (usually 1-2 times per feeding).
- ✓ The safest way to heat a bottle is to place it in a dish of hot water. It should feel warm not hot. Before feeding, invert the bottle 10 times and test the formula on the back of your hand. Microwaves can heat liquids unevenly, causing "hot spots" that could burn the baby. It is not recommended to microwave plastic containers, bags and nipples because they could break down and seep into the formula.