

Stratford Midwives, the Canadian Paediatric Society and the World Health Organization all recommend breast milk as the best food for babies for at least the first six months. However, if you choose to formula-feed your baby, we will support your decision.

There are many different kinds of formula available (powder, concentrate, ready-to-feed) so be sure to read the label and follow mixing directions carefully. The World Health Organization recommends that infant formula that requires the addition of water should be mixed or prepared with water that has been boiled, to kill any harmful bacteria that may be contaminating the formula. The formula should then be cooled to body temperature to avoid the potential for scalding of the infant's mouth. The following is a guideline only. Listen to your baby's feeding cues. Your baby will be able to regulate the amount of formula he/she needs. All babies' eating patterns are different.

Expected Feeding and Output Pattern for a Formula Fed Baby

| Baby's Age | Amount of formula per feeding | Feedings/day | Stools in 24 hours | Wet Diapers in 24 hours |
|------------|-------------------------------|--------------|--|---------------------------------|
| Day 1 | 30-45 ml (1 to 1½ oz) | 6-10 | at least 1 (black/brown) | at least 1 |
| Day 2 | 30-45 ml (1 to 1½ oz) | 6-10 | at least 1 (black/brown) | at least 2, pale yellow |
| Day 3 | 45-60 ml (1½ to 2 oz) | 6-10 | at least 1 (often brownish) | at least 3, pale yellow |
| Day 4 | 60-90 ml (2 to 3 oz) | 6-10 | at least 2 per day (ranging from yellow to brown) | at least 4, more heavily soaked |
| Day 5 | 60-90 ml (2 to 3 oz) | 6-10 | same as day 4 | at least 5, more heavily soaked |
| Day 6 | 60-90 ml (2 to 3 oz) | 6-10 | same as day 4 | at least 6 to 8, soaked |

Bottle Tooth Decay

A form of tooth decay known as bottle tooth decay can be seen in some infants and toddlers. It happens if the baby's teeth are in contact with sugary fluids for long periods of time. At risk are babies who fall asleep with a bottle of liquid containing sugar (formula, milk, fruit juice, pop) and babies who are given a bottle to pacify them for long periods of time.

To prevent bottle tooth decay:

- Always hold your baby while feeding
- Never put your baby to bed with a bottle
- Clean baby's gums with a gauze pad or clean damp cloth after each feeding

- Begin cleaning your baby's teeth as soon as they appear
- Never dip pacifiers in honey, sugar or corn syrup

Bottle Care: Health Canada recommends that you use glass or BPA-free plastic bottles. Bottles do not need to be sterilized. Just clean them with warm, soapy water.