

Nurture[®] Guide to Bottle Preparation

Feeding your baby: Breast milk is best for babies. Infant formula is made especially for babies who are not breastfed. Talk to your health professional before feeding your baby an infant formula. The introduction of infant formula may cause your supply of breast milk to decrease. Once breastfeeding is stopped it can be difficult to start again. The cost of infant formula is significantly more than breastfeeding.



1

Always wash hands before preparing formula and ensure that the formula is prepared in a clean area.



2

Wash bottles, teats and caps, and knife. Sterilise by boiling for five minutes or using an approved sterilising agent. Note: We recommend you wash and sterilise all feeding equipment until baby is at least 3 months old. When baby is older, thorough washing in hot water is sufficient.



3

Boil fresh water and allow to cool until luke warm. Note: Boil water until baby is at least 3 months old if using town supply water. Bore-water & tank water should be boiled before use until baby is 18 months old.



4

Read the instructions and check the amount of water and formula powder required as shown on the feeding table on the back of pack.



5

Pour the correct amount of previously boiled water into a sterilised bottle (always add water BEFORE the powder).



6

Fill the measuring scoop with formula powder and level off, using the back of a sterilised knife. Take care to add the correct number of scoops to the water in the bottle. If using a sachet, add water to bottle as above, then tear open sachet or cut with clean scissors and pour powder into the bottle.



7

Place the teat and cap on the bottle and shake it until the powder dissolves. We recommend that you only prepare one bottle at a time and that you prepare it as close as possible to feeding time.



8

Test the temperature of the milk with a few drops on the inside of your wrist. It should feel just warm, but cool is better than too hot. Cool under a running cold tap if necessary.



9

Feeding Baby. Any formula left at the end of the feed must be discarded.

IMPORTANT Never add more or less powder to the water than recommended. This could make your baby sick. Never use the scoop of another type of formula as the measures may differ. Never pack down the powder or use heaped scoops. Never use your finger to level the powder as it may contaminate formula. Never add anything else to the formula feed (e.g. tea, sugar, baby cereal). Prepare only one bottle at a time. Always discard any milk left over at the end of a feed. If you have to prepare a bottle in advance (e.g. for a babysitter) keep the prepared bottle in the back of the fridge (4°C) for a maximum of 12 hours. Ideally shorter times are better. Infants over the age of six months should be offered foods in addition to formula.



Nurture®

Formula Feeding – Common Questions

How do I warm pre-prepared formula?

- ✓ It is best to warm formula by placing the bottle in a jug of hot (not boiling) water until it is lukewarm. Shake the bottle to warm evenly and always test the temperature on the inside of your wrist before feeding to baby.
- ✓ It is not recommended to warm formula in the microwave as it can easily overheat or heat unevenly. This will burn the baby's mouth. If you do choose to microwave, allow for standing time (2–3 minutes), shake the bottle gently and test the temperature on the inside of your wrist before offering to baby. It is a good idea to microwave formula in a sterilised jug then pour into a cold bottle.

How much formula does my baby need?

- ✓ The amount of formula your baby needs at each feed depends on your baby's age and weight, amount of activity and growth rate. Every can of infant formula includes a feeding table on the label which shows you how much formula a typical baby might need. **This should be used as a guide only.** Don't worry if your baby wants more or less than is shown in the table (Healthy babies usually take the right amount of formula).

What do I do if my baby is still hungry after a feed?

- ✓ If you think your baby is not being satisfied by formula feeds, you may need to give larger feeds, or feed more frequently. Don't be tempted to start solids too early (not before the baby is 4 months old), and never increase or dilute the strength of the infant formula. You could try changing from a whey dominant formula to a more satisfying casein dominant one e.g. Nurture Plus Gold®. This is something you should discuss with your baby's health professional.

What is the best way to prepare my baby's bottles when I am going out?

- ✓ Formula should not be made up before travelling. Measure the correct amount of cooled boiled water into the sterilised bottle and seal well. Take the right amount of powder for each feed, in a separate sterile sealed container/s. For your convenience, you can purchase sachets of pre-measured formula to add to cooled boiled water. When baby requires a feed, mix the powder into the water in the bottle. Take an insulated container or flask of hot water plus a container to stand the bottle in to warm. Always take an extra bottle of water and enough extra powder, to allow for delays. Never carry warm formula in a bottle, or carry warm milk in a flask.

Can formula make my baby constipated?

- ✓ It is not uncommon for babies being weaned from breast milk to infant formula to become constipated. Introducing formula feeds gradually can reduce the chances of this happening. 'Prebiotics' are added to some formulas to promote softer, more regular stools. Prebiotics are non-digestible carbohydrates that are naturally occurring in some foods as well as found in breast milk (galacto-oligosaccharides). Nurture Gold

Starter™ and Nurture Gold Follow-on® formulas both contain galacto-oligosaccharides to encourage stools more similar to a breastfed baby.

- ✓ If you are concerned about your baby's stool habits or about the colour and consistency of the stool, changing formula isn't necessarily the answer. If the problem persists, seek advice from your baby's health professional.

What are Whey & Casein?

- ✓ Whey and casein are different types of proteins which are both present in breast milk and also in cows' milk. For the first few months, the proteins in breast milk are predominantly whey proteins and these are easier to digest than casein proteins.

For this reason, most infant formulas suitable from birth are whey dominant (60% whey, 40% casein e.g. Nurture Gold Starter™ and Nurture Starter™). The most abundant whey protein found in breast milk is alpha-lactalbumin. Nurture Gold Starter™ is now enriched with alpha-lactalbumin making the protein profile closer to breast milk and easier to digest for young babies. Casein proteins take longer to digest and may be more satisfying for hungrier babies. Follow-on formulas suitable from 6 months are commonly casein dominant (40% whey, 60% casein e.g. Nurture Gold Follow-on® and Nurture Follow on®). Sometimes younger babies may need a more satisfying formula. Nurture Plus Gold® is suitable from birth and is more satisfying for hungrier, unsettled babies (20% whey, 80% casein).

What are Omega 3 & 6 LCPS?

- ✓ Nurture® Gold formulas contain Omega 3 and 6 LCPS (long chain polyunsaturated fatty acids). These are naturally present in several foods, including breast milk. Nurture® Gold formulas contain Omega-3 Docosahexaenoic Acid (DHA), and Omega-6 Arachidonic Acid (ARA). There are a number of studies that suggest that the addition of Omega 3 DHA in particular may help brain and visual development. Omega LCPS do not make the gold formulas more 'rich' than standard formulas because there is no increase in total fat content. Omega LCPS are well tolerated as they are naturally found in breast milk.

What are Nucleotides?

- ✓ Nucleotides are nutrients naturally present in our bodies and are also found in breast milk. They have different functions including supporting healthy growth and development and stimulation of the immune system. Nurture® now contains an improved blend of nucleotides to encourage healthy gut flora closer to breastfed babies.

For more information on Nurture® products and bottle feeding queries, or for product samples please contact the

Nurture® Careline 0800 55 66 66
and speak to a health professional,
or visit www.nurturebaby.co.nz

