

Infant Formula with Iron

Although we know that breastfeeding is best for babies, you might have a personal reason for formula feeding. If you choose to use infant formula, this brochure has important information to help you keep your baby healthy.

How long to use infant formula with iron:

Plan to use infant formula until your baby is between nine months and one year old.

NOTE: Evaporated milk should not be used as an infant formula. It is missing iron and vitamins that your baby needs. Contact your health care provider for more information.

Infant formula with iron

- Always buy infant formula with iron. It may be labelled "iron fortified" or "with iron." Iron helps to keep your baby's blood healthy.
- Always check the expiry date. The expiry date may be printed on the top, bottom or on the sides of the container. Expired infant formula will not give your baby all the nutrients needed to stay healthy.
- Always check the label for the type of infant formula you are buying for your baby. The three forms of infant formulas are:
 - concentrated liquid
 - powder
 - ready-to-use

Preparing infant formula with iron

- Follow the directions on the container when preparing concentrated liquid, powder or ready-to-use formula for your baby. Never add extra formula, water or cereal.
- For infants younger than four months of age, sterilize bottles, nipples, lids, measuring cups and mixing jugs.
 - **To sterilize:** Place all equipment in a pot of water. The water should completely cover everything in the pot. Cover the pot and bring water to a boil. Continue boiling for two minutes. Let cool and remove the equipment with sterilized tongs.
- Always use a clean bottle for each feeding.
- It is best to prepare bottles as you need them. Refer to the label on the container for recommendations.

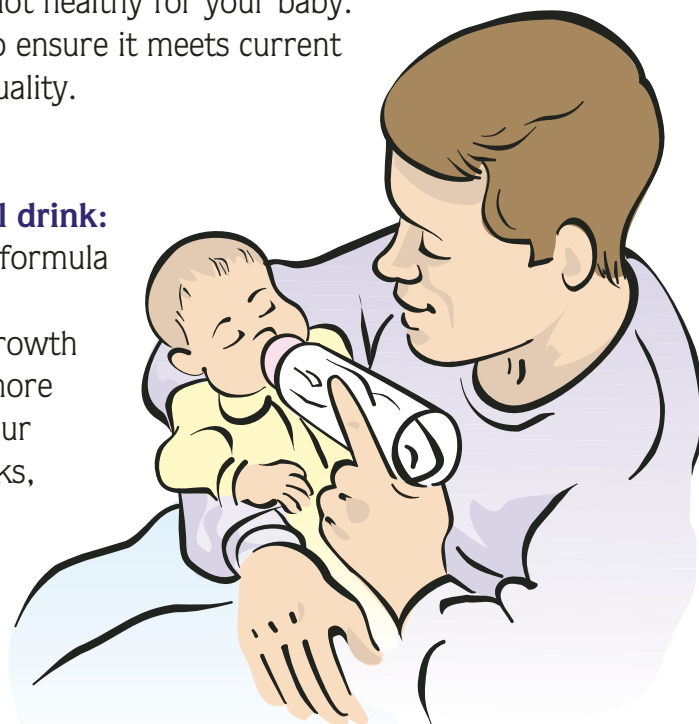


How to sterilize water to make infant formula with iron:

- For infants under four months of age, water should be brought to a rolling boil for at least two minutes. Cool before using. Boiled water can be stored for two to three days in the fridge, or 24 hours at room temperature. Use a covered sterilized container.
- Use water from the cold water tap. Water from the hot water tap may have high amounts of lead from the hot water tank which is not healthy for your baby.
- If well water is used, it should be tested to ensure it meets current Guidelines for Canadian Drinking Water Quality.

Amount of infant formula with iron baby will drink:

- At first, baby's only food should be infant formula with added iron.
- Your baby may become hungrier during growth spurts so feed your baby on demand, or more often if needed. Growth spurts usually occur when baby is two to three weeks, six weeks, three months and six months of age.
- Wait until six months to give solid foods. Never add infant cereal to baby's bottle.



Suggested Number and Amount of Bottle Feedings for a Healthy Term Infant

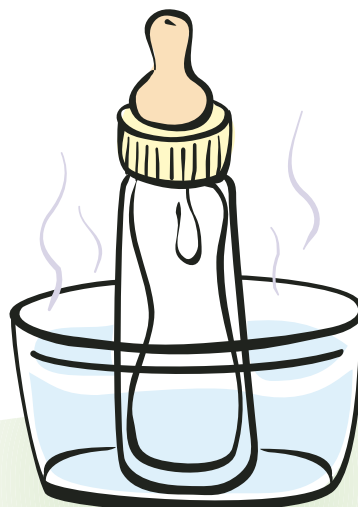
Baby's Age	Number of bottles each day	Amount in each bottle
Birth – 1 Month	6-10	90-120 ml*
1 Month – 2 Months	6-8	120-150 ml
2 Months – 3 Months	5-6	150-210 ml
3 Months – 4 Months	5-6	150-210 ml
4 Months – 5 Months	5-6	150-180 ml
5 Months – 6 Months	5-7	150-180 ml
6 Months – 8 Months	4-5	180-210 ml
8 Months – 12 Months	3-4	180-240 ml

* 1 ounce = approximately 30 ml

This table is ONLY A GUIDE for the amount of formula your baby might drink. Remember that every baby is different.

How to warm the bottle:

- Place bottle in a bowl of warm water.
- Never heat a bottle in the microwave because the heat is uneven and can cause "hot spots" that could burn your baby's mouth.



How to feed your baby:

- Feed your baby when she wants to eat, when she's wide awake and calm. Adapt your schedule to suit her needs and avoid feeding when she is drowsy or upset.
- Encourage her to open her mouth by touching her cheek or lips while showing her the nipple. Wait for her to open her mouth for the nipple.
- Support the baby so that her head, back and shoulders are in a straight line. Look at her face as you are feeding her. Tip the bottle to keep the nipple filled. Avoid letting your baby suck on an empty nipple. Avoid propping the bottle.
- Sit quietly during the feeding. Keep the feeding smooth and steady. Wait until she is finished the feeding to wipe, burp or play.
- Let her eat as much or as little as she wants at her own pace.
- Talk quietly and pleasantly to her, or touch her in a way that she likes to help her stay awake.
- Talk or play a while after the feeding. Put her to bed when she's calm and drowsy.

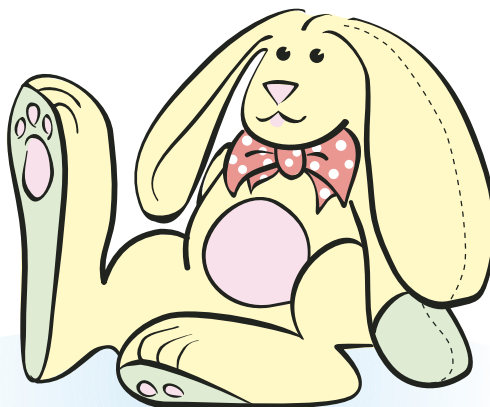
Signs that your baby is hungry:

Watch your baby for these signs and you will be able to feed your baby before she starts to cry or fuss.

- Eyes are wide and face bright
- Looks at your face
- Smiles
- Moves towards you
- Turns toward bottle when cheek is touched
- Sucks on her fingers or hands
- Clicks or sucks on her tongue
- Opens her mouth

Signs that baby is full:

- Stops sucking on nipple and may turn head away
- Feels settled and relaxed
- Arms and legs stretched out
- Fingers spread out



Storing prepared infant formula with iron:

Do not leave prepared infant formula at room temperature for more than one hour.

Follow-up formulas

When your baby is six months or older continue using the same iron-fortified formula your baby is used to or you can choose to feed follow-up type formulas, unless otherwise directed.

Whole (homogenized/homo) milk

- Check with your health care provider before giving your baby whole milk.
- Whole milk only has a trace of iron. Iron is important for babies to be healthy.
- Whole cow's milk is not recommended until nine months to one year of age.
- Whole milk may be added **only if** baby is eating sources of iron from foods such as iron-fortified infant cereal, chicken, pork, beef, wild meat, egg yolks or legumes.
- Limit whole milk to a maximum of 24 oz (720 ml) per day.
- Unpasteurized cow's milk is not safe for babies.

Other milks or vegetarian beverages:

- Skim, 1% and 2% milk do not provide enough energy for your baby to grow and should not be given to infants until at least two years of age.
- Soy beverages or rice beverages should not be used because they may not contain enough protein, calories, minerals or vitamins to help your baby grow.
- Goat's milk does not have enough iron or folic acid (folate). Check with your health care provider before giving baby whole goat's milk.



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