



## ***Bottle Feeding Your Baby, Birth to Six Months***

### **Many parents worry about the amount of formula to feed their baby:**

- ✓ Young babies have tiny tummies. They drink small amounts of formula, and eat often. Overfeeding is the most common cause of spitting up.
- ✓ Check the holes in your bottle nipples. If you hold the bottle upside down, the formula should drip out slowly, not pour out. **You should see about a drop every two or three seconds.**
- ✓ Try not to get into the habit of offering a bottle every time your baby fusses. Small babies are built to be held, snuggled, and rocked. Your baby might be content with a pacifier instead of more formula.

**0-1 month old may drink 1-2 ounces every 2-3 hours, about 15 ounces per day**  
**1-2 month old may drink 2-3 ounces every 2-3 hours, about 24 ounces per day**  
**2-3 month old may drink 4-5 ounces every 3-4 hours, about 29 ounces per day**  
**3-4 month old may drink 5-6 ounces every 3-4 hours, about 31 ounces per day**  
**4-5 month old may drink 5-7 ounces every 4-5 hours, about 32 ounces per day**  
**5-6 month old may drink 6-8 ounces every 5-6 hours, about 35 ounces per day**

**\*\*\* The WIC Program provides about 30 ounces of formula per day for your baby. This means that most families will purchase about two cans of powdered formula per month between two and eight months of their baby's life.**

Plan on spending grocery money or food stamps on generic formula each month. For free Similac coupons go to: [welcomeadditions.com](http://welcomeadditions.com) and choose "Sign Up For Benefits."

- ✓ Bottles are for formula and plain water only. Avoid juice and cereal. Cereal will not help your baby sleep through the night, but may add to her risk of allergies, overweight, and infection.
- ✓ Hold your baby close when feeding her. Give her lots of love and attention. Never prop the bottle or lay the baby down with a bottle. It can cause choking and ear infections.
- ✓ Avoid low iron formula for constipation. Lots of formula fed babies poop only every few days. If your baby is unable to poop, talk to your doctor about using small amounts of Karo syrup or prune juice.
- ✓ Wash bottles either by hand in hot soapy water or in the dishwasher. If washed by hand, bottles and nipples should be boiled for 5 minutes for the first 3 months.
- ✓ Save money by boiling tap water for 5 minutes instead of buying bottled water.
- ✓ Well water should be tested once a year. Ask WIC for testing info.
- ✓ Treat formula like other spoilable foods. If you leave it at room temperature for more than one hour, it can make your baby sick.

***Have fun feeding your new little family member!***