



Bottle Preparation

How to Prepare a Bottle:

1. Wash hands.
2. Keep the infant in a safe, comfortable place while you prepare the bottle.
3. Gather supplies—clean bottle, nipple, bib, burp cloth or towel, and formula or breast milk.
4. If using formula, prepare according to package directions.
5. Heat prepared bottle in warmer or warm water. Do not heat in microwave (hot spots).
6. Gently shake bottle to evenly distribute heat.
7. Test bottle temperature by squirting a few drops on the inside of your wrist. It should be lukewarm.

Bottle Safety:

1. Do not reuse leftover formula or breast milk (bacteria in saliva).
2. Use formula within two hours of preparation; breast milk within four to eight hours.
3. Use refrigerated, prepared formula within 48 hours; breast milk within three to eight days.
4. Do not give cow's milk to children under one year of age.