

Bottle Feeding Preparation Guidance

1. For transporting prepared bottles, they need to be cooled in the fridge and then just before leaving home placed in a cool bag with an ice pack and transferred to a fridge on arrival. Use within FOUR hours. Feeds should never be stored for longer than 24 hours although this length of time is no longer considered ideal, especially for young babies. It is always safer to make up a fresh feed whenever possible. Any unfinished bottle should be thrown away within two hours.

2. Parents are advised that they should provide measured quantities of formula milk for the individual bottles (there are special containers for this available), not the whole tin, or provide cartons of ready mixed formula milk. (Obviously provide some spare in case of spillage etc.)

To make up infant formula milk:

Use fresh tap water to fill the kettle (not bottled water). After it has boiled let the water cool for no more than 30 minutes. Do not use artificially softened water or repeatedly boiled water. If you have to use bottled water, you will still need to boil it.

It is important that the water is still hot otherwise any bacteria in the formula milk may not be destroyed.

Always put the cooled boiled water in the bottle first.

NB: Always take care as at 70 C, water is still hot enough to scald.

Always cool milk down to the required temperature under a running cold tap and test on the inside of your wrist, it should feel warm, not hot.

Storing formula milk that has been made up may increase the chances of the baby becoming ill. It is always better to feed freshly made up formula milk.