

Provider Information

FF-S SAFETY

OUTCOME: The parents/family will understand safety as it relates to preparing, feeding, and storing formula.

STANDARDS:

1. Explain that babies during the first three months of age have low resistance to bacteria. Boiling water for five minutes before mixing formula may be necessary. This applies to all water sources.
2. Explain that boiling bottles and nipples for five minutes, washing with hot, soapy water, and/or using a dishwasher before use is also recommended. Explain that bottle liners must be discarded after each use, and discard bottle nipples that are old, soft, cracked, or discolored.
3. Explain that following manufactures instructions for mixing formula is extremely important and also using recommended measuring cups and spoons.
4. Explain that bottles should be prepared one at a time or in small batches, labeled, covered, refrigerated, and used within 48 hours. Discard any unused formula after each feeding and then wash the bottle immediately.
5. Explain that warming a formula bottle is best done under warm, running tap water. Do not use a microwave oven to warm formula bottles.
6. Explain the possibility of exposure to toxins, such as lead, in the water source.

Highlights of Safety

- Safe preparation and feeding of infant formula
- Demonstrate and verify safe preparation and feeding of baby formula

To ensure that bottle-feeding is fresh, wholesome and safe:

- During the first three months of age, your baby has a low resistance to bacteria. Boiling water for five minutes before mixing formula may be necessary. This applies to all water sources.
- Boil bottles and nipples for five minutes, washing with hot, soapy water, and/or using a dishwasher before use is also recommended.
- If you use a bottle that has a bottle liner, the bottle liners must be discarded after each use.
- Throw away any bottle nipples that are old, soft, cracked, or discolored.
- Mix the baby formula exactly as the directions tell you. To make sure that the right amount of formula is used – use measuring cups and spoons.

- It is best if bottles are prepared one at a time or in small batches, labeled, covered, refrigerated, and used within 24 hours. Throw away any unused formula after each feeding and then wash the bottle immediately.
- The best way to warm a bottle is to hold the bottle under warm, running tap water. Do not use a microwave oven to warm formula bottles.
- Make sure that the water you use in your baby's bottle is safe.

Click here for a patient education handout on [Safe Practices for Formula Feeding](#).

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