

# Preparing and giving a bottle

1



It's always best to make up each feed as and when you need it. Before making up a bottle, make sure your equipment is sterilised, the work surface where you'll be preparing the bottle is clean and you've washed your hands thoroughly.

2



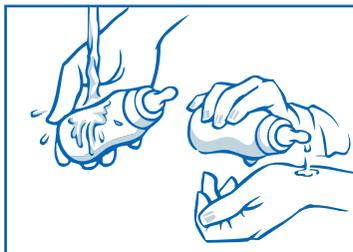
Boil fresh tap water in the kettle and allow it to cool to no less than 70°C (this means leaving water to cool for no more than 30 minutes after boiling).

3



Measure the required amount of cooled boiled water into the sterilised bottle, as shown on your infant milk powder packaging. Using the scoop provided, add the required number of scoops of powder to the bottle, levelling off each scoop with a clean, dry knife. Do not pack the powder down in the scoop.

4



Place the sterilised teat and cap on the bottle and shake well. Before offering it to your baby, cool the formula by holding the bottle under cold running water until lukewarm. Alternatively, place the bottle in a jug or bowl of cold water until lukewarm.

5



When feeding your baby, hold the bottle at an angle, so the teat and bottle neck are always full of milk. This way there's less chance of your baby getting trapped wind. For hygienic reasons, discard unfinished feed in the bottle as soon as possible, and always within 2 hours.

**IMPORTANT NOTICE:** The best way to feed a baby is to breastfeed, as breast milk provides the ideal balanced diet and protection against illness for your baby and also many non-nutritional benefits for both baby and mother. We recommend that you speak to your healthcare professional when deciding on your choice of feeding your baby. Professional guidance should also be sought on the preparation for and maintenance of breastfeeding. If you do choose to breastfeed, it's important to eat a healthy, balanced diet. Infant formula is intended to replace breast milk when mothers choose not to breastfeed or if for some reason they are unable to do so. A decision not to breastfeed, or to introduce partial bottle-feeding, will reduce the supply of breast milk. If for any reason you choose not to breastfeed, do remember that such a decision can be difficult to reverse. Using infant formula also has social and financial implications which must be considered. Infant formula should always be prepared, used and stored as instructed on the label, in order to avoid risks to a baby's health.