

A guide on how to transition to a new formula

There are different reasons why parents may choose to or need to change their baby’s formula milk and this needs to be managed well.

- The baby may notice a difference in taste depending on the type of formula and this may impact how they accept the new formula.
- Parents may also notice a difference in the consistency or colour of their baby’s stool, or even how often they pass wind, these changes tend to be minimal and only last for a short period.

A slow transition may help the baby get used to the new formula and help parents monitor and adapt to any new symptoms they may notice. It may take up to 1-2 weeks for a baby to adjust to a new formula.

Parenting tips on how to transition



Slow Transitioning Chart*

Current Formula New Formula

	1 st Feed	2 nd Feed	3 rd Feed	4 th Feed	5 th Feed
Day 1-2					
Day 3-4					
Day 5-6					
Day 7-8					
Day 9-10					

Starting with the morning feed, substitute the current formula with the new formula.

Over the following days, slowly introduce the new formula until all feeds have been substituted, changing any night-time feeds last.

The transition can take up to two weeks.

This is only to be used as a guide and some babies may transition at a different pace. If you have any concerns please speak to your healthcare professional. *Based on a 2 month old infant requiring 5 feeds a day.

A slow transition to a new formula may not be appropriate in all cases, for example, with allergy and healthcare professionals should advise accordingly.

IMPORTANT NOTICE: We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organization’s recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with continued breastfeeding up to two years of age. We also recognise that breastfeeding is not always an option for parents. We recommend that you speak to your healthcare professional about how to feed your baby and seek advice on when to introduce complementary feeding. If you choose not to breastfeed, please remember that such a decision can be difficult to reverse and has social and financial implications. Introducing partial bottle-feeding will reduce the supply of breast milk. Infant formula should always be prepared, used and stored as instructed on the label in order to avoid risks to a baby’s health.

