

## Formula Feeding

### Types of Formula

- Cows milk based
  - Most formulas are this type
  - Use only iron fortified
- Soy based
  - Helpful for babies with lactase deficiency
  - A good choice for parents wanting to avoid animal based proteins
  - Use only iron fortified
  - Don't usually help with milk protein allergies, as those children usually are also allergic to the protein in soy based formulas as well
- Hypoallergenic
  - For babies who do not tolerate cows milk or soy based formulas
  - Proteins are broken down so they are easier to digest

### Preparing Formula

- Check the can for date of expiration!
- Follow the directions on the can on how to correctly prepare the formula
  - Always add the water first, then add the powder
  - Incorrectly mixing, or diluting formula is extremely dangerous and can cause problems for your baby
- Shake the bottle to mix in formula
- Use prepared formula within 2 hours of preparing
- If prepared, and will not use, store in the refrigerator immediately. Must be used in 24 hours.
- Do not store left over formula from the baby's bottle. Throw it out!

There are a lot of formulas available now days! Feel free to ask any and all formula related questions during your visit. We are here to help! 😊