

# Preparing baby bottles

## How do I go about it?

**Wash your hands** and prepare your material:

- Preferably tap water or still bottled water recommended for use in baby bottles. Do not keep a bottle open for more than a day.
- The box of baby formula milk with its measuring scoop (do not use the scoop from a different brand of milk)
- A very clean bottle, teat, ring seal and cap.

Fill the bottle to the desired level with cold tap water. Then heat it up to drinking temperature (37°C) (bottle warmer, saucepan). Use tap water rather than mineral water. Add the necessary number of **level scoops** of formula. **Refer to the package insert.**



Close the bottle and **mix** by rolling it between your hands until it is completely dissolved, without shaking.

Check the temperature of the milk by squeezing a few drops onto the inside of your wrist. It should feel pleasant, neither too hot nor too cold.

Avoid heating milk in the microwave as this increases the risk of burns. If you do decide to do this:

- Remove the teat
- Mix the liquid well
- Always check the temperature of the milk before giving it to your child to avoid burns.

Formula milk heated to 60°C retains all its nutritional value. To increase your baby's intake, wait until they are finishing their bottles and/or are systematically asking for more after their meal.



## The correct preparation of formula milk is very important for your baby's health

- Not enough water: the powder doesn't dissolve easily; the formula is too thick and difficult to swallow and digest
- Too much water: the milk is not nourishing enough
- Before changing to another milk, talk to your paediatrician, the early childhood nurse or your midwife



## How do I clean the bottles?

1. Dismantle all the parts of the bottle: the body, the ring seal, the teat, the cap
2. Clean them with washing-up liquid, paying particular attention to the screw threads
3. Rinse well and leave to dry



## How do you give medicine to your baby?

- Pour a little milk into a teaspoon or teat
- Add the medicine
- Mix well
- Put the spoon or teat in your baby's mouth
- Pour the milk and medicine into your baby's mouth

## Important

- It is best to give the baby any medicine before feeding them their bottle
- Prepare bottles as and when your baby needs them
- Check the temperature of the milk at each feeding
- Do not reheat a bottle that has already been heated for another feeding, throw away unfinished bottles!
- To avoid contamination, avoid putting teats and dummies in your mouth before giving them to your child
- Avoid heating plastic containers



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