

Formula feeding

At Mater Mothers' Hospitals we respect your right to choose how you feed your baby and will support your decision with guidance and advice.

Equipment required for formula feeding

- Formula—use cow's milk-based formula until 12 months of age. Only use soy-based or other alternative infant formulas on medical advice
- Two to six large bottles
- Teats—shape variations offer no particular advantage unless your baby prefers that shape. However the teat shape best suited to a baby moving between bottle and breast is a long straight teat
- Bottle brush (soft)
- Airtight container for storing clean equipment

Cleaning feeding equipment

It is important to wash your hands before handling clean feeding equipment.

General cleaning

- Rinse equipment with cold water
- Wash thoroughly with detergent and warm water:
 - bottles—use a bottle brush to ensure all milk residue is removed
 - teats—force a little soapy water through the feeding hole to ensure it is not blocked
- **Rinse thoroughly and then sterilise by boiling or using a steam steriliser**
- Store sterilised equipment in an airtight container
- Careful cleaning and safe storage of equipment should continue as long as bottles and teats are used.

奶粉喂养

在 Mater 妇产科医院，我们尊重您对喂养方式的选择权，我们会为您提供指导和建议，以此支持您的决定。

奶粉喂养用具：

- 配方奶粉：在宝宝 12 个月大之前，使用以牛奶为基础的配方奶粉。只有在医生建议下，才使用以豆类为基础或其他替代性婴儿配方奶粉
- 2 个到 6 个大奶瓶
- 奶嘴：除非宝宝偏好，否则奶嘴形状没有优劣之分。然而，接受母乳和奶粉混合喂养的宝宝，最适用形状长而直的奶嘴
- 奶瓶刷（软刷）
- 用以储存干净用具的密封容器

清洗用具

在拿取干净的调奶用具之前，请务必洗手。

清洗方式

- 以冷水冲洗用具
- 用清洁剂和温水彻底清洗：
 - 奶瓶 — 用奶瓶刷刷洗，确保去除所有残留的配方奶
 - 奶嘴 — 将少量肥皂水挤出奶嘴孔，以确保没有堵塞
- 彻底冲洗后，以煮沸或蒸汽消毒器消毒
- 消毒后的用具存放在密封容器内
- 奶瓶和奶嘴一经使用，就要坚持认真清洗、安全存放

Sterilising feeding equipment

Boiling

- Put all equipment into a large saucepan and cover with water making sure that all air bubbles are removed from the equipment.
- Place a lid on the saucepan and bring to the boil.
- Boil for five minutes.
- Allow the equipment to cool in the saucepan, with the lid on, until it is just hand-hot before removing it.
- Drain any water from the equipment and air dry on a clean paper towel.
- Seal bottles and storage containers.
- Store in a clean container in the fridge for 24 hours.
- If not used within 24 hours repeat cleaning.

Steam

When using a steam steriliser at home, always follow the manufacturer's instructions, carefully, and then follow the steps for drying and storing, as above.

Preparing formula

- The recommended and safest way of making formula is one bottle at a time, in the bottle. This reduces the potential for contamination and the possibility of error when counting scoops of formula.
- Formula is designed to remain at a constant strength. As your baby grows the amount of formula should increase, NOT the strength. Never, for any reason, add any more scoops than specified in the package directions, unless specifically instructed by a qualified paediatric dietitian (this will only be necessary for babies with certain special health needs). Likewise, never dilute formula by adding more water than specified in the package directions.
- Always wash hands and clean work surfaces before preparing formula.
- To prepare the water, empty the kettle or electric jug, refill it with water and bring to the boil. Kettles or jugs without an automatic cut off should be turned off within 30 seconds of boiling. Allow the water to cool at room temperature for at least 30 minutes after boiling. Note: bottled water is not sterile and should be boiled before use.
- Pour the required amount of prepared water into a clean feeding bottle first.
- Always use the scoop provided in the tin of formula.

消毒方式

煮沸消毒

- 将所有用具放进一只大型深锅，以水盖过，确保用具内不再有任何气泡
- 盖上锅盖煮至水沸
- 水沸后再煮 5 分钟
- 不要揭开锅盖，让用具在锅内冷却，不烫手后再拿出来
- 倒掉用具中所剩的水，放在干净的纸巾上自然晾干
- 奶瓶和存储容器都需要盖好密封
- 储存于干净的容器内，可放入冰箱保存 24 小时
- 24 小时内若未使用，则需重新清洁

蒸汽消毒

如果在家里使用蒸汽消毒器，要始终严格按照生产商的使用说明小心操作，之后，按照上述步骤晾干并存放。

冲调奶粉

- 冲调奶粉时，我们推荐最安全的方式是以奶瓶冲泡，一次冲泡一瓶。借此降低污染风险，减少奶粉匙数计算错误的可能性
- 配方奶浓度应保持一致。随着宝宝一天天长，应该增加奶粉用量，而非增加浓度。除非专业儿科营养师明确指示（只有需要特殊健康照顾的宝宝才有此必要），无论如何都不能超过包装说明规定的匙数。同样的，不要加入超过包装说明规定的水量稀释奶粉
- 每次准备冲调奶粉之前，请先洗手，并清洁工作台面
- 煮水时，先倒空水壶或电水壶，重新注水再煮沸。如果使用水壶或是没有自动断电装置的电水壶，就要在沸腾后 30 秒内关火或切断电源。水煮沸后，在室温下冷却至少 30 分钟。注意：瓶装水未经消毒，使用前应煮沸
- 根据建议用水量，先将水倒进干净奶瓶
- 只能使用奶粉罐附带的奶粉计量匙

- Fill the scoop with formula powder, tap lightly to remove any air bubbles and level off with the back of a clean knife. Do not pack the scoop.
- Seal the bottle with a cap and disc and shake gently to mix the formula thoroughly.

Safety information

- If not using immediately, store prepared formula in the fridge at the back where it is the coldest. Never store prepared formula in the fridge door.
- Discard the contents of partially used bottles after one hour.
- Discard any unused prepared formula after 24 hours.
- Check the expiry date on formula containers and discard them if they are out of date.
- Discard any open tins of formula after one month.
- The safest way to transport formula is to take the prepared water and the powdered formula in separate containers and mix them when needed.
- When it is necessary to transport prepared formula, it must be icy cold when leaving home and be carried in an insulated pack. Prepared feeds transported in this manner should be used within two hours.
- Microwaves are not recommended for warming infant formula as the milk heats unevenly and a “hot spot” may burn your baby’s mouth.
- Standing the bottle in warm to hot water is the safest way of heating formula. To ensure it heats evenly, swirl or shake the feed in its container.
- Time taken to warm formula should not exceed 10 minutes.

- 装满一匙奶粉后，轻敲以排出空气，再以干净刀背刮平。切勿压紧计量匙里的奶粉
- 用盖子和密封垫盖紧奶瓶，轻轻摇动直至奶粉完全溶解

安全须知

- 冲好的配方奶如果不立即使用，请存放在冰箱后部，因为这里温度最低。切忌将配方奶存放在冰箱边门
- 喝过剩余的配方奶，应于一小时后倒掉
- 冲泡后尚未使用的配方奶，应于 24 小时后倒掉
- 检查奶粉包装上的有效日期，一旦过期就要丢弃
- 开过的奶粉罐，一个月内未使用完就要丢弃
- 携带奶粉最安全的方法是用不同容器分别存放准备好的水和奶粉，要用时才冲调
- 外出时若需要携带事先冲泡的配方奶，出门时得确定它是冰凉的，并且装在保温包里。事先冲好的配方奶应该在两小时内使用
- 不建议用微波炉加热婴儿配方奶，因为受热不均造成的“热点”可能会烫伤宝宝的口腔
- 最安全的方法是将奶瓶立在温水或热水中加热。为了确保加热均衡，请晃动或摇动容器中的配方奶
- 加热配方奶的时间不应超过 10 分钟

Giving a formula feed to your baby

Feeding your baby with a bottle should be a special time for you both. Holding your baby close to you is important for parent-infant contact and your baby's development and should be a pleasurable experience.

- Allow your baby to demand each feed.
- Test the flow of the teat—the milk should drip steadily. The cap can be loosened slightly if the flow is too slow.
- Test the formula temperature—sprinkle a small amount onto the inside of your wrist to ensure it is comfortably warm but not too hot.
- Sit with your baby held close, holding the bottle horizontally with no milk in the teat.
- Touch your baby's lips with the teat, so that your baby's mouth opens ready for sucking.
- Stop briefly, half way through the feed to burp your baby. If your baby does not burp continue with the feed and try burping again at the end.
- Let your baby decide when they have finished. The amount taken may vary from feed to feed.
- A feed should take no longer than one hour and should not be too fast or too slow.
- If your baby stops sucking or gets fussy after taking only part of the feed, but is well and gaining weight, take a break after about 30 minutes then offer the bottle again for 5 to 10 minutes.
- If your baby is not gaining weight well, check with your doctor or child health nurse.
- Never leave your baby alone with a bottle propped in their mouth. The milk can flow too quickly and your baby may choke. There is a higher incidence of ear infections and tooth decay among children who are regularly fed this way.

How much will my baby need?

There are many variations in the amount of formula and the number of bottles consumed by your baby each 24 hours. Information on formula containers is a guide only and does not necessarily suit every baby. Plenty of wet nappies, consistent (but not excessive) weight gain and a thriving active baby indicate that all is well. If you have any concerns about how your baby is feeding please contact your child health nurse or doctor.

喂配方奶

用奶瓶喂配方奶(瓶喂)，对您和宝宝都是特殊的时刻。将宝宝抱近自己身体，对父母和宝宝的接触以及宝宝的发育都很重要，这应该是个愉快的经历。

- 按宝宝的需要哺喂。
- 试一试奶嘴的流速—配方奶应徐徐滴下。如果流速太慢，可将盖子稍微放松一点
- 试一试配方奶的温度—滴少量到手腕内侧，确保温度适合，不能过烫
- 抱紧宝宝坐下，横着拿奶瓶，奶嘴里无奶液
- 用奶嘴轻轻触碰宝宝的嘴唇，以便宝宝张开嘴巴准备吸奶
- 喂奶中间暂停一下，给宝宝拍嗝。如果宝宝没有打嗝就继续喂奶，喂完奶后再次拍嗝
- 让宝宝自己决定什么时候吃够了。每次喂奶的量都可能不一样
- 每次喂奶不应超过一小时，不能太快也不能太慢
- 如果宝宝还没吸完就停下来，或是变得烦躁不安，只奶的宝宝身体健康、体重正常增长，可以在休息 30 分钟后，再继续喂 5 到 10 分钟
- 如果宝宝体重增长情况不佳，请咨询医生或儿童健康护士
- 绝对不要把奶瓶塞在宝宝嘴里就不管了。有时候配方奶流速太快，可能会造成宝宝呛奶。经常用这种方式喂养的宝宝比较容易发生耳部感染和蛀牙

宝宝需要多少奶量？

宝宝每 24 小时喝多少奶粉、喝几瓶奶，因人而异。奶粉包装上的内容只是指导信息，并不一定适合所有宝宝。只要宝宝经常要换尿布、体重持续（不是过度）增加、活泼好动，就说明一切都很好。如果对宝宝的情况有任何疑问，请咨询儿童健康护士或医生。

Boiled water

If you choose to give your formula-fed baby additional boiled water, for example during hot weather, first ensure that your baby has had their recommended quota of correctly made formula. Use only cooled boiled water in a sterilised bottle.

Constipation

Formula fed infants are more prone to constipation. As there may be many reasons for your baby being constipated you need to discuss this situation with your doctor or child health nurse.

开水

如果要给奶粉喂养的宝宝额外补充开水(例如在天气炎热的情况下)，我们得先确保根据建议用量、正确冲泡的配方奶，宝宝已经摄取足够了。同时，只能用已消毒奶瓶盛装放凉后的开水给宝宝喝。

便秘

奶粉喂养的婴儿较容易便秘。由于导致宝宝便秘的原因很多，您需要咨询医生或儿童健康护士。