

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.

奶粉哺育

Mater 母嬰醫院(Mater Mothers' Hospitals)尊重您對哺育方式的選擇權。我們會為您提供指導和建議，以此支持您的決定。

奶粉哺育用具

- 配方奶粉：在寶寶 12 個月大之前，使用以牛奶為基礎的配方奶粉。只有在醫生建議下，才使用以豆類為基礎或其他替代性嬰兒配方奶粉
- 2 個到 6 個大奶瓶
- 奶嘴：除非寶寶偏好，否則奶嘴形狀沒有優劣之分。然而，接受母乳和奶粉混合哺餵的寶寶，最適用形狀長而直的奶嘴
- 奶瓶刷（軟刷）
- 用以儲存乾淨用具的密封容器

清洗用具

在拿取乾淨的沖泡用具之前，請務必洗手。

清洗方式

- 以冷水沖洗用具
- 以清潔劑和溫水徹底清洗：
 - 奶瓶—用奶瓶刷刷洗，確保去除所有殘留的配方奶
 - 奶嘴—將少量肥皂水擠出奶嘴孔，以確保沒有堵塞
- 徹底沖洗後，以煮沸或蒸汽消毒器消毒
- 消毒後的用具存放在密封容器內
- 奶瓶和奶嘴一經使用，就要堅持認真清洗、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

- 將所有用具放進一只大型深鍋，以水蓋過，確保用具內不再有任何氣泡
- 蓋上鍋蓋煮至水沸
- 水沸後再煮 5 分鐘
- 不要揭開鍋蓋，讓用具在鍋內冷卻，不燙手後再拿出來
- 倒掉用具中所剩的水，放在乾淨的紙巾上自然晾乾
- 奶瓶和存儲容器都要蓋好密封
- 儲存於乾淨容器內，可放入冰箱保存 24 小時
- 24 小時內若未使用，則需重新清潔

蒸汽消毒

如果在家裡使用蒸汽消毒器，一定要嚴格按照製造商的使用說明小心操作，然後按照上述步驟晾乾存放。

沖泡奶粉

- 沖泡奶粉時，我們推薦最安全的方式是以奶瓶沖泡，一次沖泡一瓶。藉此降低污染風險，減少奶粉匙數計算錯誤的可能性
- 配方奶濃度應保持一致。隨著寶寶一天天長大，應該增加奶粉用量，而非增加濃度。除非專業兒科營養師明確指示（只有需要特殊健康照顧的寶寶才有此必要），無論如何都不能超過包裝說明規定的匙數。同樣的，不要加入超過包裝說明規定的水量稀釋奶粉
- 每次準備沖泡奶粉前，請先洗手，並清潔工作檯面
- 煮水時，先倒空水壺或電水壺，重新注水再煮沸。如果使用水壺或是沒有自動斷電裝置的電水壺，就要在沸騰後 30 秒內關火或切斷電源。水煮沸後，在室溫下冷卻至少 30 分鐘。注意：瓶裝水未經消毒，使用前應煮沸
- 根據建議用水量，先將水倒進乾淨奶瓶
- 只能使用奶粉罐附帶的奶粉計量匙

- 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.

- 裝滿一匙奶粉後，輕敲以排出空氣，再以乾淨刀背刮平。切勿壓緊計量匙裡的奶粉
- 用蓋子和密封墊蓋緊奶瓶，輕輕搖動直至奶粉完全溶解

安全須知

- 沖泡好的配方奶如果不立即使用，請存放在冰箱後部，因為這裡溫度最低。切忌將配方奶存放在冰箱邊門
- 喝過剩餘的配方奶，應於一小時後倒掉
- 沖泡後尚未使用的配方奶，應於 24 小時後倒掉
- 檢查奶粉包裝上的有效日期，一旦過期就要丟棄
- 開過的奶粉罐，一個月內未使用完就要丟棄
- 攜帶奶粉最安全的方法是用不同容器分別存放準備好的水和奶粉，要用時才沖泡
- 外出時若需要攜帶事先沖泡的配方奶，出門時得確定它是冰涼的，並且裝在保溫包裡。事先泡好的配方奶應該在兩小時內使用
- 不建議用微波爐加熱嬰兒配方奶，因為受熱不均造成的“熱點”可能會燙傷寶寶的口腔
- 最安全的方法是將奶瓶立在溫水或熱水中加熱。為了確保加熱均衡，請晃動或搖動容器中的配方奶
- 加熱配方奶的時間不應超過 10 分鐘

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.

餵配方奶(瓶餵)

用奶瓶餵配方奶(瓶餵)，對您和寶寶都是特殊的時刻。將寶寶抱近自己身體，對父母和寶寶的接觸以及寶寶的發育都很重要，這應該是個愉快的經歷。

- 按寶寶的需要哺餵
- 試一試奶嘴的流速 — 配方奶應徐徐滴下。如果流速太慢，可將蓋子稍微放鬆一點
- 試一試配方奶的溫度 — 滴少量到手腕內側，確保溫度適合，不能過燙。
- 抱緊寶寶坐下，橫著拿奶瓶，奶嘴裡無奶液
- 用奶嘴輕輕觸碰寶寶的嘴唇，以便寶寶張開嘴巴準備吸奶
- 餵奶中間暫停一下，給寶寶拍嗝。如果寶寶沒有打嗝就繼續餵奶，餵完奶後再次拍嗝
- 讓寶寶自己決定什麼時候夠了。每次餵奶的量都可能不一樣
- 每次餵奶不應超過一小時，不能太快也不能太慢
- 如果寶寶還沒吸完就停下來，或是變得煩躁不安，只妳的寶寶身體健康、體重正常增長，可以在休息 30 分鐘後，再繼續餵 5 到 10 分鐘
- 如果寶寶體重增長情況不佳，請諮詢醫生或兒童健康護士
- 絕對不要把奶瓶塞在寶寶嘴裡就不管了。有時候配方奶流速太快，可能會造成寶寶噎奶。經常用這種方式餵養的寶寶比較容易發生耳部感染和蛀牙

寶寶需要多少奶量？

寶寶每 24 小時喝多少奶粉、喝幾瓶奶，因人而異。奶粉包裝上的內容只是指導信息，並不一定適合所有寶寶。只要寶寶經常要換尿布、體重持續（不是過度）增加、活潑好動，就說明一切都很好。如果對寶寶的情況有任何疑慮，請諮詢兒童健康護士或醫生。

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.

開水

如果要給奶粉哺育的寶寶額外補充開水(例如在天氣炎熱的情況下)，我們得先確保根據建議用量、正確沖泡的配方奶，寶寶已經攝取足夠了。同時，只能用已消毒奶瓶盛裝放涼後的開水給寶寶喝。

便秘

奶粉哺育的嬰兒較容易便秘。由於導致寶寶便秘的原因很多，您需要諮詢醫生或兒童健康護士。