1. Make sure kitchen work surfaces are clean and wash hands thoroughly.

2. Ensure bottles, teats and caps are washed thoroughly with hot soapy water (using bottle and teat brushes).

3. Rinse well and sterilise according to manufacturer's instructions, or boil for 5 minutes.

4. Boil fresh water from the tap and allow to cool to hand-hot (takes about 30-40 mins) or as recommended by the infant milk manufacturer's instructions.

5. Measure required amount of water into sterilised bottle – see tin of infant formula powder for quantity. Do not use artificially softened water or repeatedly boiled water, and check with the filter manufacturer before using filtered water. Do not use bottled water unless the label clearly states that it is suitable for this purpose.
6. Measure out the required number of scoops of infant formula with the scoop provided in the tin – see side of tin for quantity. Level off each scoop with the back of a clean dry knife – do not drag the scoop up the side of the tin. **Do not add extra powder or water to make feeds stronger or weaker, and do not pack the powder down into the scoop. Using too much or too little powder could make your baby ill.**

7. Place sterilised teat inside screw cap and screw securely onto top of bottle. Replace lid and shake well.

8. If you are making up more than one feed at a time, use individual bottles. Do not use a jug.*

9. Cool the bottles rapidly under cold running tap water, wipe outside dry and place immediately in the fridge (less than 5°C). Store in fridge for a maximum of 24 hours. **Discard all milk that has been stored for more than 24 hours.**

10. To warm milk, place bottle in a jug of warm water and leave for a few minutes. **Do not heat milk in a microwave. This is dangerous because the milk continues to heat up after it has been taken out and it may scald your baby’s mouth.**

11. Test the temperature of the milk by shaking a few drops onto the inside of your wrist. The milk should feel lukewarm.

12. Throw away any left over milk after a feed – do not save it until later.

*Do not use a jug to prepare infant formula. You can, however, use one to prepare follow-on formula.

IMPORTANT NOTICE: Breast feeding is best for babies. Infant milks are intended to replace breast milk when mothers do not breast feed. Good maternal nutrition is important for the preparation and maintenance of breast feeding. Introducing partial bottle feeding may have a negative effect on breast feeding and reversing a decision not to breast feed is difficult. Professional advice should be followed on infant feeding. Infant milk should always be prepared and used as directed. Unnecessary or improper use of infant milk may present a health hazard. Social and financial implications should be considered when selecting a method of infant feeding.

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