

GUIDELINES FOR USE OF BREAST-MILK SUBSTITUTES IN EMERGENCY SITUATIONS

General Statement

These guidelines are intended for use by qualified staff and not for wide distribution. It is suggested to provide the flyers to mothers/caregivers that will be using the substitute

Recommendations for the use of breast-milk substitutes

- Mothers/caregivers should be taught about safe preparation of the breast-milk substitute
- Possible breast-milk substitutes include: commercial infant formula, liquid animal milk (cow or goat), powdered animal milk, evaporated milk
- All other milks are unsuitable for small infants
- The instructions for mixing the commercial formula need to be followed exactly according to the supplier recommendations
- The recommendations when using liquid cow or goat milk in infants less than 6 months old and for each feed are the following:
 - For the one-month old mix 40 ml of milk with 20 ml of boiled water and add 4 g of sugar
 - For a two-months old mix 60 ml of milk with 30 ml of boiled water and add 6 g of sugar
 - For infants 3-4 months old mix 80 ml of milk with 40 ml of boiled water and add 8 g of sugar
 - For infants 5-6 months old mix 100 ml of milk with 50 ml of boiled water and add 10 g of sugar
- If the substitute is going to be prepared using powdered full-cream cow's milk the following is recommended for each feed:
 - For the one-month old infant mix 5 g of milk with 60 ml of boiled water and add 4 g of sugar
 - For the two month-old mix 7.5 g of milk with 90 ml of boiled water and add 6 g of sugar
 - For infants 3-4 months old mix 10 g of milk with 120 ml of boiled water and add 8 g of sugar
 - For infants 5-6 months old mix 12.5 g of milk with 150 ml of boiled water and add 10 g of sugar

- The following is recommended for preparing a substitute using evaporated milk and for each feed:
 - For the one-month old mix 16 ml of milk with 44 ml of boiled water and add 4 g of sugar
 - For the two-month old mix 24 ml of milk with 66 ml of boiled water and add 6 g of sugar
 - For infants 3-4 months old mix 32 ml of milk with 88 ml of boiled water and add 8 g of sugar
 - For infants 5-6 months old mix 40 ml of water with 110 ml of boiled water and add 10 g of sugar
- For all breast-milk substitutes it is recommended to follow basic hygienic measures for preventing infections:
 - Wash hands with soap and clean water
 - Clean all utensils, containers and cups with soap and clean water
- Mothers/caregivers should give the infant a micronutrient supplement every day
- The breast-milk substitute should be fed by cup

Illustrated demonstrations to prepare the different breast-milk substitutes are attached

For further information, contact:

Randa Jarudi Saadeh

Scientist
World Health Organization
Nutrition for Health and Development
Tel: +41 22 791 3315/3878
Fax: + 41 22 791 4156
E-mail: Saadehr@who.int

Zita Weise Prinzo

Technical Officer
World Health organization
Nutrition for Health and Development
Tel: +41 22 791 4440
Fax: +41 22 791 4156
E-mail: weiseprinzoz@who.int

Or

Chantal Gegout

Nutritionist
Nutrition for Health and Development
Tel: +41 22 791 4233
E-mail: gegoutc@who.int

Kunal Bagchi

Regional Adviser, Nutrition
Eastern Mediterranean Region
Tel: 202 670 25 35
Fax: 202 670 24 92/94
E-mail: bagchik@emro.who.int

HOW TO PREPARE COMMERCIAL FORMULA



- Wash your hands before preparing the formula.

- Make ____ ml for each feed. Feed the baby ____ times every 24 hours.

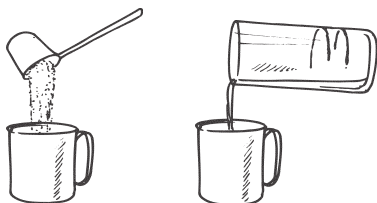


- Always use the marked cup or glass to measure water and the scoop to measure the formula powder. Your baby needs _____ scoops.

- Measure the exact amount of powder that you will need for one feed.



- Boil enough water vigorously for 1 or 2 seconds.



- Add the hot water to the powdered formula. The water should be added while it is still hot and not after it has cooled down. Stir well.

- Only make enough formula for one feed at a time. Do not keep milk in a thermos flask because it will become contaminated quickly.



- Feed the baby using a cup. Discard any unused formula, give it to an older child or drink it yourself.

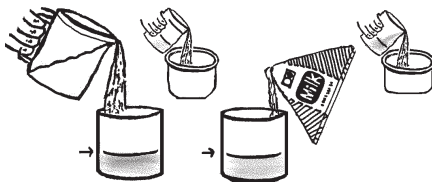
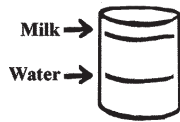


- Wash the utensils.

- Come back to see me on _____.



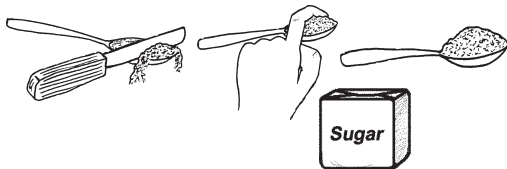
HOW TO PREPARE FRESH MILK



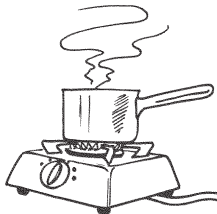
- Wash your hands before preparing the formula.

- Always use the marked cup or glass to measure water and milk.

- Fill the cup or glass to the "water" mark with the water. Put the water into the pot. Fill the cup or glass to the "milk" mark with the milk. Add the milk to the water in the pot.



- Measure the sugar by filling the spoon until it is level/rounded/heaped (circle one). Add _____ spoonfuls to the liquid. Stir well.



- Bring the liquid to a boil and then let it cool. Keep it covered while it cools.



- Feed the baby using a cup. Discard any unused formula, give it to an older child or drink it yourself.



- Wash the utensils.



- Give your baby a micronutrient supplement every day. You can get it from _____ or can buy it. It will cost _____.

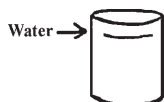
- Come back to see me on _____.



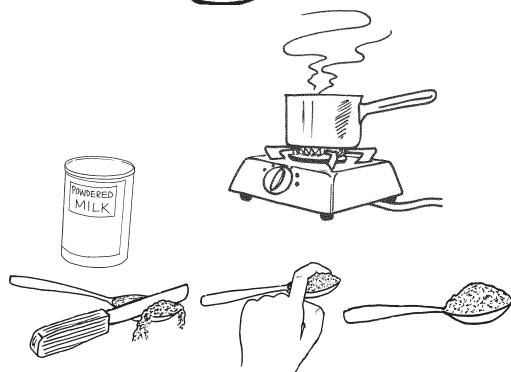
HOW TO PREPARE POWDERED FULL-CREAM MILK



- Wash your hands before preparing the formula.

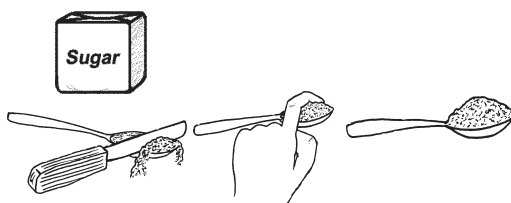


- Always use the marked cup or glass to measure water and a spoon to measure the powdered milk.

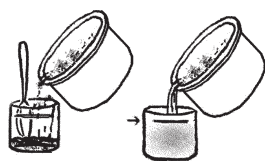


- Boil enough water vigorously for 1-2 seconds and then let it cool. Keep it covered while it cools.

- Measure the powdered milk by filling the spoon until it is level/rounded/heaped (circle one). Put _____ spoonfuls in the marked cup or glass.



- Measure the sugar by filling the spoon until it is level/rounded/heaped (circle one). Put _____ spoonfuls in the marked cup or glass.



- Add a small amount of the boiled water and stir. Fill the cup or glass to the mark with the water.



- Feed the baby using a cup. Discard any unused formula, give it to an older child or drink it yourself.

- Wash the utensils.

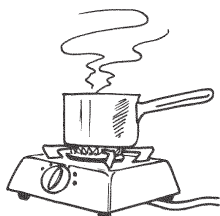
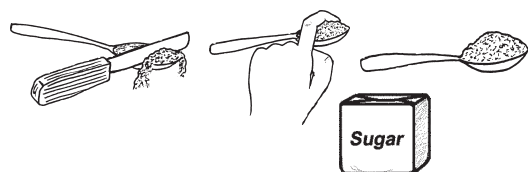
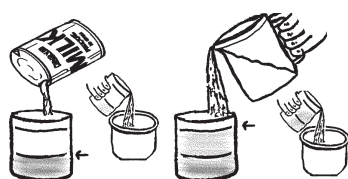
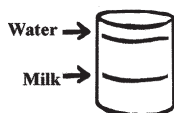


- Give your baby a micronutrient supplement every day. You can get it from _____ or can buy it. It will cost _____.

- Come back to see me on _____.



HOW TO PREPARE EVAPORATED MILK



- Wash your hands before preparing the feed.
- Make _____ ml for each feed. Feed the baby _____ times each day (24 hours).
- Always use the marked cup or glass to measure the milk and water.
- Fill the cup or glass to the "milk" mark with the milk. Put the milk into the pot. Fill the cup or glass to the "water" mark with the water. Add the water to the milk in the pot.
- Measure the sugar by filling the spoon until it is level/rounded/heaped (circle one). Put in _____ spoonfuls.
- Add the sugar to the liquid. Stir well.
- Bring the liquid to a boil and then let it cool. Keep it covered while it cools.
- Feed the baby using a cup. Discard any unused formula, give it to an older child or drink it yourself.
- Wash the utensils.
- Give your baby a micronutrient supplement every day. You can get it from _____ or can buy it. It will cost _____.
- Come back to see me on _____.



CUP FEEDING



- Wash your hands.
- Clean the cup with soap and water.



- Make sure that the baby is awake and held sitting upright. Put a cloth underneath his/her chin to catch any dribble.
- Hold the cup to the baby's lips and tilt it just enough so that the milk touches the lips. The cup rests lightly on the baby's lower lip, and the edges of the cup touch the outer part of the baby's upper lip.
- Keep the cup tilted so that he/she can sip the milk. Do not pour the milk or push on the baby's lower lip.
- Your baby has had enough when he/she closes his/her mouth and does not take any more.
- If the baby does not drink a lot, offer him/her more at the next feeding or feed him/her earlier than usual.



- Discard any unused milk or formula.
- Talk to the baby and look into his/her eyes to show your love.
- Wash the utensils.
- Come back to see me on _____.

