

Feed Your Baby Infant Formula

How much will I need?

During the first 6 months of life, a baby will need between 40 and 51 tins of formula, depending on the weight of the tins (400g to 500g). The table below shows the number of tins of formula your baby will need each month.

Number of tins of formula needed each month

Age in months	Weight of the tin		
	500g tins	450g tins	400g tins
1	4 tins	5 tins	5 tins
2	6 tins	6 tins	8 tins
3	7 tins	8 tins	9 tins
4	7 tins	8 tins	9 tins
5	8 tins	8 tins	10 tins
6	8 tins	9 tins	10 tins

How should I feed the baby?

- * Always feed the baby using a clean open cup. Even a newborn baby learns quickly how to drink from a cup. Avoid using bottles and nipples. They are difficult to clean and can cause your baby to become sick.
- * If the baby does not drink all of the infant formula during a feeding, use it in a cooked meal. Giving a baby left-over milk can cause the baby to become sick.



Things to remember

- * Women who are HIV-positive should not breastfeed their babies once they have started to give either infant formula or cow milk. This greatly increases the chances of passing HIV to the baby.
- * If you run out of infant formula, you should not breastfeed and you should not add more water to make the formula last longer. Instead, feed your baby modified fresh cow milk (with water, sugar and micronutrients added), until you can get more infant formula.
- * Your baby will need only infant formula during the first 6 months of life. You do not need to give your baby food, water or any other types of liquids until the baby is 6 months old. After 6 months, continue to give either infant formula or undiluted cow milk and begin to feed other clean and nutritious foods.
- * If you have any questions about feeding your baby, ask a trained counselor for help. Watch for signs of diarrhea, fever, difficulty breathing, or refusal to feed because these need prompt attention and may require treatment.
- * Women who do not breastfeed may get pregnant much sooner than women who do breastfeed. Consult a family planning counselor as soon as possible after giving birth. To maintain your health status, practice safe sex by using condoms.



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What do I need to know?



- * There are different kinds of powdered infant formula in the market. Always make sure that you are using infant formula that is made specifically for babies. Always read and follow the instructions that are printed on the tin very carefully.
- * It is best to prepare enough infant formula for one feeding at a time, according to the steps described here.
- * Make sure that you will have enough infant formula powder to prepare each day.



- * Babies need more and more infant formula as they grow. The table (on the back page) tells you how many tins of powdered formula you will need for your baby during the first 6 months of life.

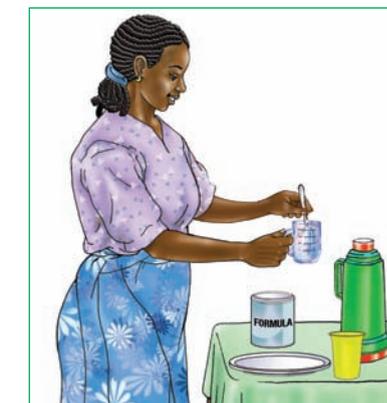
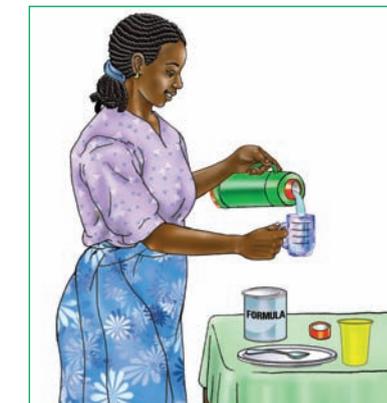
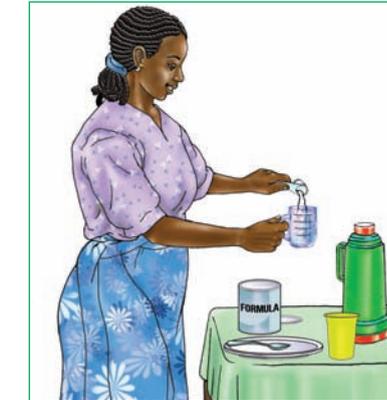


How to prepare infant formula



- * Always make sure you are using infant formula that is made specifically for babies.
- * Make sure that you always have clean water to mix with the infant formula. If you can, prepare the water that you will need for the whole day. Bring the water to a rolling boil for at least 2 minutes and then pour into a thermos.
- * Always wash the feeding cups, measuring cups, spoons and other utensils that you use to prepare and feed infant formula to your baby. It is best to wash them with clean water and soap.
- * It is always best to boil the utensils to make sure that they are clean.
- * Always wash your hands with clean running water and soap before preparing the infant formula and feeding it to your baby.
- * Organize all of the utensils you will need. Always use a special cup or container to measure the boiled water. Always use the special scoop that comes with the tin of infant formula to measure the infant formula powder.

Mix the infant formula carefully



- * Follow the instructions on the infant formula tin exactly. Measure the powder using the scoop provided. Make each scoop level. Put the powder into the marked cup or container.
- * The number of scoops you use will depend on the age of the child.
- * Add a small amount of cooled boiled water to the powder in the cup and stir to dissolve in order to avoid lumps.
- * Then, according to the instructions on the tin, fill the cup or container to the mark with the hot water. Adding too much or too little water can be dangerous for your baby's health.