



Infant Formula Key Messages

- Any first stage formula is suitable for the first year
- Stage 2 or hungry baby milk is not necessary
- Follow-on formula after 6 months is not recommended
- After 12 months, babies can have full fat cow's milk
- All infant formula brands are similar - there is not a brand of formula that is closest to breastmilk
- It is ok to swap brands - choose what works for you
- There is no formula that is "closest to breast milk" - they are all regulated for safety and nutrition
- Sterilise all bottles and equipment
- Wash hands and clean surfaces before preparing feeds
- Make up one feed at a time and throw away any unused milk as bacteria can grow in the milk that is left over
- Boil a litre of fresh cold tap water in a kettle - use the water anytime within 30 minutes so the water is hot enough to kill any bacteria in the powder (70 degrees)
- Follow the manufacturer's instructions - pour required amount of hot water into the bottle - add the correct amount of powdered formula
- Prop feeding or leaving a baby alone when feeding can be dangerous as they may choke
- If a baby is suspected of having an allergy - Families should not purchase specialist formula themselves, as many products are expensive and may not be clinically appropriate. They should contact their GP for assessment and support.

