



Infant Formula Milk Guide

Which Formula Milk to Choose

- Use first-stage formula for the first year of your baby's life. There's no need for follow-on formula.
- All infant formula brands meet the same nutritional standards—choose what works best for your family.
- You don't need to stay loyal to one brand.
- For more information, visit: [Infant milks for parents & carers — First Steps Nutrition Trust](#)
- 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.

What You Need for Formula Feeding

- Bottles with teats and covers
- Bottle brush and teat brush
- Sterilising equipment
- Formula milk powder or ready-to-feed liquid formula

How to Make Up a Feed

- Boil 1 litre of fresh cold tap water. Use within 30 minutes so it's hot enough (at least 70°C) to kill bacteria in the powder.
- Wash your hands and clean the preparation surface.
- Pour the correct amount of hot water into the bottle first.
- Add the recommended number of scoops—level off each scoop.
- Cool the formula under cold running water and test the temperature on your wrist.
- Make up feeds one at a time and throw away any unused milk after a feed.
- For a detailed guide, visit: [Bottle feeding leaflet](#)

Safe Storage and Sterilising Tips

- Use made-up formula within 2 hours.
- If storing for later, refrigerate immediately and use within 24 hours.
- Sterilise bottles and teats before each use:
 - Wash thoroughly in hot soapy water.
 - Use a sterilising solution, steam steriliser, or boil for at least 10 minutes. For further support, contact your **Health Visitor** or **Family Hub** or find information out from **Anya**
- [24/7 Breastfeeding & Parenting Support in Westmorland & Furness](#)
- [Feeding and weaning | Westmorland and Furness Council](#)
- [Growing Healthy 0-19 Westmorland & Furness | HDFT Childrens Health Service](#)

