

Bottle Feeding Your Baby

Bottle feeding with formula will meet your baby's food needs. Your doctor will help decide which formula is right for your baby. Never give milk from cows or goats to a baby during the first year.

Formula comes in three forms:

- **Ready to feed** formulas need no mixing.
 - Pour the formula into a clean bottle.
 - Use ready to feed formula if you are unsure about the quality of your water.
 - Once opened, use the formula within 72 hours.
 - This type of formula costs the most.
- **Liquid concentrate** formula needs to be mixed with equal parts of water.
 - Once mixed, use this formula within 48 hours.
 - This formula costs less than ready to feed.
- **Powdered formula** needs to be mixed with water.
 - Once mixed, use this formula within 24 hours.
 - This type of formula costs the least.

Water from your faucet is often clean enough to use unless it is supplied by a well or your house has old plumbing. Old plumbing may contain lead. Lead poisoning can cause brain damage in your baby. If you have well water or old plumbing, have the water tested. You may need to use bottled water for your baby.

Feeding Your Baby

Ask your baby's doctor how many ounces and how often to feed your baby. Every time your baby cries he may not be hungry. Watch your baby for feeding cues such as moving his hands to his mouth, movement of legs or arms, and making noises. Do not delay feeding when your baby has signs of being hungry even if you feel you have just fed your baby.

用奶瓶喂哺宝宝

用奶瓶喂配方奶可满足宝宝的食物需求。医生将帮助您确定何种配方奶适合您的宝宝。第一年切勿给宝宝喂食牛奶或羊奶。

配方奶可分为三种：

- **即食型**配方奶，无需搅拌。
 - 将配方奶倒入干净的奶瓶。
 - 如果您不确定水质如何，请使用即食型配方奶。
 - 一旦打开，请在 72 小时内食用。
 - 这种配方奶的价格最高。
- **流质浓缩**配方奶，需要与等量的水混合。
 - 一旦与水混合，请在 48 小时内食用。
 - 这种配方奶的价格比即食型配方奶低。
- **配方奶粉**，需要与水混合。
 - 一旦与水混合，请在 24 小时内食用。
 - 这种配方奶的价格最低。

从水龙头流出的水通常比较干净，可以使用，除非此水取自井里，或者家中的水管老旧。老旧的水管可能含铅。铅中毒会损伤宝宝的大脑。如果您使用井水或有老旧水管，请对水进行测试。您可能需要为宝宝使用瓶装水。

喂哺宝宝

询问医生宝宝一次的食用量是多少盎司以及多久喂哺一次。宝宝每次哭并不一定是因为饥饿。观察宝宝的动作信号，如将小手放到嘴边、移动腿或手臂、以及发出声音等。当宝宝表现出饥饿时，切勿耽搁喂哺的时间，即使您认为刚刚喂过。

Each baby's eating habits are different. As a general guide:

- During the first few days, most babies eat about 1-2 ounces at each feeding every 2 to 4 hours.
- By two weeks, most babies are eating 3 to 4 ounces at each feeding every 3 to 4 hours. In time, your baby will develop a pattern.
- Your baby may eat different amounts at times.

Preparing the Formula

If you are using **liquid concentrate formula**, mix the formula with equal parts of water.

If you are using **powdered formula**, mix 1 level scoop of formula with 2 fluid ounces of water.

Stir the formula well. If you add too much or too little water to the formula, your baby may not get enough food. **Do not** add honey, corn syrup or other ingredients to your baby's formula.

Bottle Nipples

Use a nipple for your baby's age. Make sure the nipple hole is small enough so the formula drips out slowly.

Warming Bottles

Formula should be at **room temperature**. To warm formula, place the bottle in a pan or bowl of heated water. Mix the formula in the bottle and test the temperature by dropping a few drops of formula on the inside of your wrist.

Never warm bottles in the microwave or on the stove because it destroys vitamins and does not heat the formula evenly. The bottle could explode or cause serious burns to your baby.

每个宝宝的饮食习惯各不相同。以下是一般原则：

- 头几天，大多数宝宝每次吃大约 30-60 ml (1-2 盎司)，每隔 2-4 小时喂一次。
- 两个星期后，大多数宝宝每次吃大约 90-120 ml (3-4 盎司)，每隔 3-4 小时喂一次。宝宝会逐渐养成习惯。
- 您的宝宝有时可能食用不同的量。

调制配方奶

若使用**流质浓缩配方奶**，应将配方奶与等量的水混合。

若使用**配方奶粉**，将 1 勺子的配方奶与 60 ml (2 液盎司) 的水混合。

将配方奶搅拌均匀。如果向配方奶中添加了过多或过少的水，宝宝可能得不到足够的食物。**不要**向宝宝的配方奶中添加蜂蜜、玉米糖浆或其他成分。

奶嘴

使用适合宝宝年龄的奶嘴。奶嘴孔要足够小，以确保配方奶缓慢地滴出。

给奶瓶加热

应当将配方奶保存在**室温**下。如需给配方奶加热，则将奶瓶放置在装有热水的平底锅或碗内。搅拌奶瓶中的配方奶，并滴几滴在自己的手腕上，试试温度是否适宜。

切勿将奶瓶置于微波炉中或炉子上加热，因为这样会破坏配方奶中的维他命，并且无法均匀加热配方奶。奶瓶可能会爆炸或对宝宝造成严重的烫伤。

Storing Formula

Once a bottle is made or a can of liquid formula is opened, store it in the refrigerator. After the baby has finished a feeding, throw away any formula left in the bottle. When leaving the house, keep the formula cold in a cooler.

Positioning for Bottle Feedings

Hold your baby close to you so he or she can feel your warmth and touch. Have your baby's head slightly higher than his or her body. Never leave the bottle propped in your baby's mouth.

Is My Baby Getting Enough Formula?

Your baby is getting enough formula if he or she:

- Has 6 or more wet diapers in a 24 hour period
- Sleeps between feedings
- Has more than 2 bowel movements each day
- Has had an increase in weight

Talk to your baby's doctor or nurse if you have any questions or concerns.

存放配方奶

一旦倒入奶瓶或者流质配方奶的罐头被打开，则将其存放在冰箱中。宝宝吃完后，应将奶瓶内剩余的配方奶倒掉。不在家时，应将配方奶冷藏。

用奶瓶喂哺时的位置

将宝宝贴身抱在怀里，让宝宝感觉到您的温暖和触摸。使宝宝的头略微高过宝宝的身体。切勿使奶瓶倚靠在宝宝嘴里。

宝宝吃的配方奶足够吗？

如有以下情况，则表示宝宝吃的配方奶足够：

- 24 小时内尿湿了 6 块或更多的尿布。
- 两次喂哺之间睡觉。
- 每天大便超过 2 次。
- 体重增加。

如有任何疑问或担心，请告诉宝宝的医生或护士。

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