

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.

用奶瓶喂哺寶寶

用奶瓶喂配方奶可滿足寶寶的食物需求。醫生將幫助您確定何種配方奶適合您的寶寶。第一年切勿給寶寶喂食牛奶或羊奶。

配方奶可分為三種：

- **即食型**配方奶，無需攪拌。
 - 將配方奶倒入乾淨的奶瓶。
 - 如果您不確定水質如何，請使用即食型配方奶。
 - 一旦打開，請在 72 小時內食用。
 - 這種配方奶的價格最高。
- **流質濃縮**配方奶，需要與等量的水混合。
 - 一旦與水混合，請在 48 小時內食用。
 - 這種配方奶的價格比即食型配方奶低。
- **配方奶粉**，需要與水混合。
 - 一旦與水混合，請在 24 小時內食用。
 - 這種配方奶的價格最低。

從水龍頭流出的水通常比較乾淨，可以使用，除非此水取自井裏，或者家中的水管老舊。老舊的水管可能含鉛。鉛中毒會損傷寶寶的大腦。如果您使用井水或有老舊水管，請對水進行測試。您可能需要為寶寶使用瓶裝水。

喂哺寶寶

詢問醫生寶寶一次的食用量是多少盎司以及多久喂哺一次。寶寶每次哭並不一定是因為饑餓。觀察寶寶的動作信號，如將小手放到嘴邊、移動腿或手臂、以及發出聲音等。當寶寶表現出饑餓時，切勿耽擱喂哺的時間，即使您認為剛剛喂過。

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.

每個寶寶的飲食習慣各不相同。以下是一般原則：

- 頭幾天，大多數寶寶每次吃大約 1-2 盎司（30-60 毫升），每隔 2-4 小時喂一次。
- 兩個星期後，大多數寶寶每次吃大約 3-4 盎司（90-120 毫升），每隔 3-4 小時喂一次。寶寶會逐漸養成習慣。
- 您的寶寶有時可能食用不同的量。

調製配方奶

若使用**流質濃縮配方奶**，應將配方奶與等量的水混合。

若使用**配方奶粉**，將 1 勺子的配方奶與 2 液盎司的水混合。

將配方奶攪拌均勻。如果向配方奶中添加了過多或過少的水，寶寶可能得不到足夠的食物。**不要**向寶寶的配方奶中添加蜂蜜、玉米糖漿或其他成分。

奶嘴

使用適合寶寶年齡的奶嘴。奶嘴孔要足夠小，以確保配方奶緩慢地滴出。

給奶瓶加熱

應當將配方奶保存在**室溫**下。如需給配方奶加熱，則將奶瓶放置在裝有熱水的平底鍋或碗內。攪拌奶瓶中的配方奶，並滴幾滴在自己的手腕上，試試溫度是否適宜。

切勿將奶瓶置於微波爐中或爐子上加熱，因為這樣會破壞配方奶中的維他命，並且無法均勻加熱配方奶。奶瓶可能會爆炸或對寶寶造成嚴重的燙傷。

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質配方奶的罐頭被打開，則將其存放在冰箱中。寶寶吃完後，應將奶瓶內剩餘的配方奶倒掉。不在家時，應將配方奶冷藏。

用奶瓶喂哺時的位置

將寶寶貼身抱在懷裏，讓寶寶感覺到您的溫暖和觸摸。使寶寶的頭略微高過寶寶的身體。切勿使奶瓶倚靠在寶寶嘴裏。

寶寶吃的配方奶足夠嗎？

如有以下情況，則表示寶寶吃的配方奶足夠：

- 24 小時內尿濕了 6 塊或更多的尿布。
- 兩次喂哺之間睡覺。
- 每天大便超過 2 次。
- 體重增加。

如有任何疑問或擔心，請告訴寶寶的醫生或護士。

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Bottle Feeding Your Baby. Traditional Chinese.