

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.

Najdrik lok Ninnin eo nejom iben Bato

Najdrik kin Bato iben Milik Bouta en an Ninnin (formula) enaj ekkor non an Ninnin eo mona. Takto eo am enaj jiban Euk kelet Kain drot Milik Bouta en ej ekkor non Ninnin eo nejom. Jokron Ta, Kwon jab lelok Milik in Kao (cow) ak men in mour ko jet ainwot Kot (goat) non juon Ninnin eo ilo aolep Iio en ilo jino in an mour.

Milik Bouta en an Ninnin (formula) ej walok ilo Jilu Wawin ko:

- Bojak Non Mona ejab aikwoj kare jabrewot.
 - Lutok wot Milik eo ilo an juon Bato erre eo im edredre lok am kwakwol.
 - Kajerbal Milik Bojak Non Mona en elane kwojaje ne emon Aibwoj in Idrak ko ilo Imweo Imom.
 - Elikin an belloko, kajerbal Bojak Non Mona en iumin wot 72 Awa.
 - Milik (formula) drot in ej elaptata Woneen.
- **Milik eo ej lukun Kajur (liquid concentrate formula)** ej aikwoj kare ilo jonan Milik im Aibwoj wot juon.
 - Elikin am kare Aibwoj en, kajerbal Milik in (formula) iumin wot 48 Awa.
 - Edrik lok Woneen Milik in (formula) jen Bojak in Mona en.
- **Milik Bouta en an Ninnin (formula)** ej bar aikwoj kare iben Aibwoj.
 - Elikin am kare ibPein Aibwoj, kajerbal Milik in (formula) iumin wot 24 Awa.
 - **Milik Bouta en an Ninnin (powered formula)** ej drik tata Woneen.

Aibwoj eo ej toor ilo Mweo Imom ej maron bwe an emon elane ejab itok jen juon Aibwoj (well) ak Baib ko ilo Mweo rej lukun mor. Baib ko rej elap aer mor rej maron kajerbal Leet (Lead) ie. Paijen in Leet (Lead poisoning) ej maron kokure Kemlej eo an Ninnin eo nejom. Elane kwoj kajerbal Aibwoj (well water) ak elap an mor Baib ko ilo Mweo Imom, inem kwon kommon juon Tej ilo Dren eo. Kwoj maron aikwoj kajerbal Aibwoj in Idak ilo Bato ekijien Ninnin eo nejom

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.

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.

Najdrik Ninnin eo Nejom

Kwon kajitok iben Takto eo an Ninnin eo nejom jette aunej in Milik im barainwot jonan an ekutkut ekkor non am Najdrik lok Ninnin eo. Ejab bollen Kwole ilo aolep Iien ko ej Jan Ninnin eo. Kwon lale Ninnin eo nejom bwe kwon jele kin jet Kokolen mona ko ainwot an kamokit Pein lok non Laoin, ilo an komakitkit neen im Pein, im ke ej kommon Ainikien keruru ko. Kwon jab Drumwij nan am najdrik lok Ninnin eo elane ej komani Kokole ko ekijien an Kwole jokron ne kwoj lale ke ej kab mwoj am najdrik lok Ninnin eo nejom.

Aolep Ajri ro ej ukotak Wawin aer mona. Ainwot juon Waan Jonuk:

- Ilo jet Raan ko imaan, enain aolep Ninnin ro rej mona 1-2 aunij ko (ounces) ilo aolep Iien mona ko aolep 2 lok non 4 Awa.
- Ilo an tobar lok 2 wiik, enain aolep Ninnin ro rej mona 3 lok non 4 aunij ko (ounces) ilo kajojo Iien mona 3 lok non 4 Awa. Ilo an wonmanlok an Ninnin eo mour, enaj walok juon Wawin eo ekkor non e.
- Ninnin eo nejom ej maron ukotak jonan an mona ilo jet Iien.

Wawin am kabojak Milik an Ajri (Formula)

Elane kwoj kajerbal **Milik eo ej lukun Kajur (liquid concentrate formula)**, kwoj aikwoj kare lok jonan Milik im Aibwoj wot juon.

Elane kwoj kajerbal **Milik Bouta en an Ninnin (powdered formula)**, kwon kare 1 Kein Jonuk en (level scoop) in Milik Bouta en an Ninnin (powdered formula) iben 2 aunij (ounces) in Aibwoj.

En lukun let am iioke Mikik Bouta en iben Aibwoj eo. Elane kwoj koba lok elap an lap ak elap an drik Aibwoj eo iben Bouta en, Ninnin eo nejom ej maron jab bwe an mona. **Kwon Jab** koba lok One (honey), Kain katonal en jen Kon (corn syrup) ak bar jabrewot men in Kakobaba ko iben Milik Bouta en an Ninnin eo nejom.

Boran Ninnin ko (Nipples) ilo Bato ko

Kajerbal juon Baran Ninnin eo ekkor non jonen Dritto eo an Ninnin eo nejom. Kalikar ke ron eo ilo Baran Ninnin eo ej bwe an drik ke ej ebilbil wot Milik eo im ejab tor lok wot.

Warming Bottles

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

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 can feel your warmth and touch. Have the baby's head slightly higher than his body. Never leave the bottle propped in his mouth.

Is My Baby Getting Enough Milk?

Your baby is getting enough milk 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.

Kamannan Bato ko

Milik eo (formula) ej aikwoj mannan **in wot Ruum** eo. Wawin am kamannan Milik eo (formula), likot Bato eo ilo an juon Ainbat ak juon Konno in Dren Mannan. Ilok lok Milik eo ilo an Bato eo im lale jonen bwil eo an ilo am kabilbil lok jet Bil in Milik ko ion ilo an Mokwoj in Peim (inside of your wrist).

Jokron Ta jab kamannan lok Bato ko ilo an microwave en ak ion Jikin Kaimet en kenike ej kakkure lok aolep On ko im ejab jonin wot juon an mannan Milik eo. Bato eo ej maron rup im kokure Ninnin eo.

Wawin Kejbarok Milik en an Ninnin (Formula)

Elikin am kommone Milik en an Ninnin (formula) ak elikin am kabelok juon Kwat in Milik en an Ninnin (formula), kokane ilo an Jikin Kamololo en (refrigerator). Elikin an Ninnin eo mona, lutoklok Bwe in an mona eo ej ber wot ilo an Bato en. Elane kwoj emakitkit jen Imweo Imom, kejbarok Milik en an Ninnin (formula) bwe en molo ilo an juon Kain kamololo (cooler).

Wawin am Jijet ilo am Najdrik lok jen Bato

Jibwe Ninnin eo imkatartar E ibbom bwe en maron enjake Mannan eo an Enbwinom. Kotak Boran Ninnin eo bwe en utiej lok jidik jen enbwinin. Jokron Ta jab likot Bato en bwe en ber wot ilo an Lonin Ninnin eo.

Ej bwe ke jonin Milik en ej tobar lok non Ninnin eo nejo?

Ej bwe wot jonin Milik en ej tobar lok non Ninnin eo nejo elane ej:

- Ej wor 6 ak ellon lok Kal tutu ko ilo an 24 Awa
- Ej kiki ikotan Iien Mona ko
- Ellon lok jen 2 Iien an bijok ilo kajojo Raan
- Eddo lok an Boun

Konono iben Takto ak Noj eo an Ninnin eo nejom elane ewor am Kajitok, Ueta, ak Enebata.

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