

# 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.

## Types of Formula

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 48 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 every year. You may need to use bottled water for your baby.

# 用奶瓶喂哺宝宝

用奶瓶喂配方奶将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。

## 配方奶的种类

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 48 小时内食用。
  - ▶ 这种配方奶的价格最高。
- 液体浓缩配方奶，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。

自来水通常比较干净，可以使用，除非此水取自水井，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，请每年对水进行测试。您可能需要为宝宝使用瓶装水。

## **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 to 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**

- Wash your hands before touching the bottle or nipple.
- 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 cereal, honey, corn syrup or other ingredients to your baby's formula.
- Throw out unused mixed formula left in your baby's bottle. Start with a fresh bottle of formula at each feeding. Germs called bacteria can grow between feedings and make your baby sick.

## 喂哺宝宝

有关宝宝一次的食用量是多少盎司以及喂哺的次数，请咨询医生。宝宝每次哭并不一定是因为饥饿。观察宝宝。他们的动作会给出要饮食的信号，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。

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至60 ml（1至2盎司），每隔2至4小时喂一次。
- 两个星期后，大多数宝宝每次吃大约90至120 ml（3至4盎司），每隔3至4小时喂一次。宝宝会逐渐形成规律。
- 您的宝宝有时可能食量不同。

## 调制配方奶

- 接触奶瓶或奶嘴时，应先洗手。
- 若使用液体浓缩配方奶，应将配方奶与等量的水混合。
- 若使用配方奶粉，将1平平勺子的配方奶与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麦片、蜂蜜、玉米糖浆或其他成分。
- 倒掉宝宝奶瓶里没用完的配方奶。每次喂宝宝时都用一瓶新鲜的配方奶。细菌会在两次喂食之间滋生，并且会使宝宝生病。

## **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.

## 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。

## 给奶加热

配方奶应为室温。要加热，则将奶瓶放置在装有热水的平底锅或碗内。拌均奶瓶中的配方奶，并滴几滴在自己的手腕上，以看温度是否适宜。

**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生素，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。**

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