

# 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.

# Sida Caanaha Dhalada Loo Siiyo Ilmahaaga

Ilmahaaga oo aad siisid caanaha qasaaca waxay haqabtiri doontaa baahida cunto ee ilmahaaga. Dhakhtarkaaga ayaa kaa gargaari kara in go'aan laga gaadho nooca caano qasac ee u fiican ilmahaaga. Marna ha siin caanaha saca ama rida ilmahaaga inta uu ku jiro sannadkiisa ugu horeeya.

## Noocyada Caanaha Qasaca

Caanaha qasaca ku jira ee ilmuhu waa saddex nooc:

- Caanaha qasaca ee diyaar u ah siinta uma baahna qasid.
  - ▶ Caanaha qasaca ku shub dhalo nadiif ah.
  - ▶ Isticmaal caanaha qasaaca ee diyaar u ah siinta haddii aanad hubin tayada biyahaaga.
  - ▶ Mar haddii la furo, caanaha qasaaca ku isticmaal gudaha 48 saacadood.
  - ▶ Caanaha qasaaca ee noocan ah ayaa ugu qaalisan.
- Caanaha qasaaca ee ah hoore adag waxay u baahan yihiin in lagu qaso qaybo biyo ah oo u dhigma.
  - ▶ Mar haddii la qaso, caanaha qasaaca ee noocan ah ku isticmaal gudaha 48 saacadood.
  - ▶ Caanaha qasaaca ee noocan ah way ka kharash yar yihiin kuwa diyaar u ah siinta.
- Caanaha budada ah waxay u baahan yihiin in lagu qaso biyo.
  - ▶ Mar haddii la qaso, caanaha noocan ah ku isticmaal gudaha 24 saacadood.
  - ▶ Caanaha noocan ah ayaa ugu kharash yar.

- ▶ 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.

## **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.

- ▶ Biyaha qasabadu ama tuubadu badanaa nadaafaddoodu way ku filan tahay in la isticmaalo haddii aan biyuhu ka iman ceel ama gurigaagu lahayn tuubooyin gaboobay. Tuubooyinka gaboobay waxa ku jiri kara sunta ledhka ee lagu sumoobo. Ku-sumowga ledhku waxa uu ilmahaaga u keeni karaa dhaawac ka gaadha maskaxda. Haddii biyahaagu ka yimaadaan ceel ama aad qabtid tuubooyink gaboobay, waa inaad soo baadhid biyahaaga sannad kasta. Waxa laga yaabaa in aad u baahatid in ilmahaaga aad wax ku siisid biyaha dhalada lagu iibiyo ama warshadi soo saartay.

## **Quudinta Ilmahaaga**

Weydii dhakhtarkaaga inta wiiqiyadood ee la siinayo ilmahaaga iyo inta jeer ee wax la siinayo. Wakhti kasta oo ilmahaagu ooyo ma aha inay gaajo hayso. La soco calamaadaha tilmaamaya in uu rabo in wax la siiyo sida gacmihiisa oo uu afka galiyo, dhaqdhaqaaqa lugaha ama gacmaha, iyo sanqadh ama cod uu sameeyo. Ha raajin quudinta marka uu leeyahay calaamadaha tilmaamaya in gaajo haysa xiitaa haddii aad dareensan tahay in aad mar aan fageyn wax siisay ilmahaaga.

Ilmo kasta caadooyinkiisa cuniddu way ka duwan yihiin kuwa ilmaha kale. Tilmaan guud ahaan:

- Inta lagu jiro dhawrka maalmood ee ugu horeeya, ilmaha intooda badan waxay qaataan 1 ilaa 2 wiiqiyadood oo caano ah 2 ilaa 4 saacadood kasta.
- Marka ay gaadhaan laba todobaad, ilmaha intooda badan way qaataan 60-90 millilitir (3 ilaa 4 wiiqiyadood) oo ah caano 3 ilaa 4 saacadood kasta. Mudo ka dib, ilmahaagu waxa uu yeelan doonaa saansaan ama caado quudin.
- Waxa laga yaabaa in ilmahaagu uu qaato qadaro kala duwan wakhtiyada qaarkood.

## **Diyaarinta Caanaha Qasaca**

- Dhaq gacmahaaga ka hor inta aanad taaban dhalada ama ibta.
- Haddii aad isticmaalaysid caanaha qasaca ee ah hoore adag, caanaha ku qas qaybo biyo ah oo u dhigma ama la mid ah.

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- 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.

## **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.

- Haddii aad isticmaalaysid caano budo ah, hal (1) darid oo isku siman oo ah caanaha ku qas 2 wiiyadood oo ah biyo. Si fiican u walaaq caanaha. Haddii aad ku badisid ama ku yareysid biyaha, waxa laga yaabaa in ilmahaagu aanu helin quud ku filan. Ha ku darin siriyal (cereal), malab, macaanka galeyda ama waxyaabo kale caanaha ilmahaaga.
- Tuur caanaha qasaaca ee aad qastay ee ku hadhay dhalada ilmahaaga. Ku bilaw dhalo cusub oo ah caanaha qasaca marka kasta oo aad quudinaysid. Jeermi la yidhaahdo bakteeriya ayaa ku dhex kori kara caanaha inta u dhexeysa quudinta oo ilmahaaga ku ridi kara cudur.

## **Ibta Dhalada**

Isticmaal ib ama mujuruc ku haboon da'da ilmahaaga. U hubso in godka ibtu uu yahay mid yar oo keenaya in uu caanaha si tartiib ah u soo dayo.

## **Diirinta Dhalooyinka**

Waa in dhalooyinku leeyihiin heerkulka qolka. Si aad u diirisid caanaha, ku rid dhalada dhigsi ama saxan ay ku jiraan biyo la kulayliyay. Caanaha qasaca ku qas dhalada ka dibna heerkulkooda tijaabi adiga oo dhawr dhibcood oo caanaha ah ku dhibcinaya dhinaca ah gudaha ee cududdaada.

**Marna dhalooyinka ha ku diirin maykrowayf ama shoolada wax lagu kariyo** sababta oo ah waxay taasi dilaysaa fitamiinada isla markaana si siman uma diirinayso caanaha ilmaha. Waxa dhici karta in dhaladu qaraxdo ama ay gubasho culus u keento ilmahaaga yar.

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