

# 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.

# 用奶瓶喂哺寶寶

用奶瓶喂配方奶可滿足寶寶的食品需求。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。

## 配方奶的種類

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。
  - ▶ 如果您不確定水的品質，請使用即食型配方奶。
  - ▶ 一旦打開，請在 48 小時內食用。
  - ▶ 這種配方奶的價格最高。
- 濃縮液體配方奶，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，除非此水取自水井，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，請每年對水進行測試。您可能需要為寶寶用瓶裝水。

## **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.

## **Bottle Nipples**

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

## 喂哺寶寶

詢問醫生，以瞭解寶寶一次食量應是多少盎司以及喂哺的時間間隔。寶寶每次哭並不一定是因為饑餓。觀察寶寶。他們的動作會給出要喂哺的信號，如將小手放到嘴邊、動腿或手臂、以及發出聲音等。當寶寶表現出饑餓時，馬上喂哺，即使您認為剛剛喂過。

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 至 2 盎司，每隔 2 至 4 小時喂一次。
- 兩個星期後，大多數寶寶每次吃大約 3 至 4 盎司，每隔 3 至 4 小時喂一次。寶寶會逐漸養成規律。
- 您的寶寶有時可能食量不等。

## 調製配方奶

- 接觸奶瓶或奶嘴前應先洗手。
- 若使用濃縮液體配方奶，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。如果向配方奶中放的水過多或過少，寶寶都可能得不到足夠的食量。不要在寶寶的配方奶中加麥片、蜂蜜、玉米糖漿或其他成份。
- 寶寶奶瓶中沒有用完的配方奶要倒掉。每次喂寶寶時都要重新用一瓶新鮮的配方奶。細菌會在兩次喂哺之間滋生，並且會使寶寶生病。

## 奶嘴

使用適合寶寶年齡的奶嘴。奶嘴孔一定要足夠小，以確保配方奶緩慢地滴出。

## **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.

## 給奶瓶中的奶加熱

配方奶應為室溫。如需給配方奶加熱，則將奶瓶放在裝有熱水的平底鍋或碗內。搖晃均勻奶瓶中的奶，並滴幾滴在自己的手腕內側，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生素，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。

2007 – 11/2011 Health Information Translations

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Bottle Feeding Your Baby. Traditional Chinese.