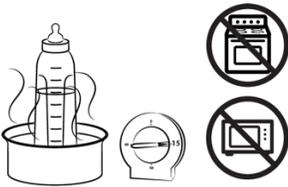
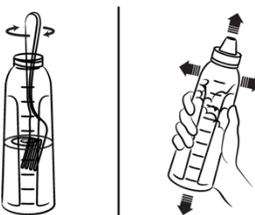


HOW TO FEED YOUR BABY WITH A BOTTLE

- 1.**  Put bottle in warm water for no more than 15 minutes. Do not heat bottle on the stove or in the microwave.

- 5.**  Watch your baby for early feeding cues.

- 10.**  Stop feeding when your baby shows signs of being full. Burp your baby as needed.

- 2.**  If using expressed breast milk, stir the maternal milk with a sterilized utensil. If using infant formula, shake the bottle well.

- 6.**  Wait for baby to open their mouth.

- 11.**  Throw away what your baby does not drink within 2 hours.

- 3.**  Check temperature of the milk on your wrist. Let it cool if too hot.

- 7.**  Tip bottle slightly so there is no air in the nipple.

- 12.**  Rinse bottle and nipple to prepare them for sterilization.

- 4.**  Check nipples regularly for wear and tear. Replace nipples that look worn-out or discoloured. Always replace bottle nipples after 3 months. **Nipples have different flow rates.** Newborns prefer slow flow nipples. Older babies prefer faster speed nipples.

- 8.**  Always hold your baby close in an upright position.

NOTE: Do not add baby cereal to thicken infant formula. This may lead to inappropriate weight gain.

For more information on infant formula recalls, please visit the Canadian Food Inspection Agency website www.inspection.gc.ca.

Adapted with permission from Ottawa Public Health.

- 9.**  Watch your baby swallow. Allow baby to rest when he needs to.