

## Safe Preparation of Infant Formula for Babies Less Than 2 Months Old

Accessible link: <https://www.cdc.gov/cronobacter/infection-and-infants.html>

# PROTECT YOUR BABY FROM CRONOBACTER

*Cronobacter* is a type of bacteria that can cause rare but serious infections in infants. These bacteria are germs that can live in the environment or in dry foods, such as powdered infant formula. In most cases, it is safe to mix powdered infant formula following the manufacturer's instructions on the container.

**If your baby is younger than 2 months old, was born prematurely, or has a weakened immune system, you may want to take extra precautions to protect them from getting sick with *Cronobacter*:**



Breastfeed if you can. Very few cases of *Cronobacter* infections have been reported among babies fed only breast milk.



Clean, sanitize, and store feeding items safely, such as baby bottles and breast pump parts. This helps prevent contamination with germs and keeps the milk you feed your baby safe.



Clean and sanitize infant feeding items (such as nipples, caps, rings, and valves) and breast pump parts in a dishwasher or a clean wash basin that you use only for washing these supplies. Do not place these items directly in the sink because germs in sinks or drains could contaminate them. Allow items to air-dry thoroughly and store them in a clean, protected area.

**If your baby is fed with formula:**



Use liquid infant formula if possible because it is sterile (without germs) and is less likely to spread *Cronobacter* infection when handled carefully. Powdered formula is not sterile and may contain some germs.



If you use powdered infant formula, prepare and store it safely. Make sure your formula is not expired and the container is in good condition (no dents, puffy ends, or rust spots). Keep lids and scoops clean, and close containers of formula as soon as possible after using.



Keep powdered formula in the container dry to prevent germs from growing. Avoid getting the formula scoop wet. There is no need to wash the scoop unless it becomes wet or dirty (such as falling on the floor). If the scoop needs to be washed, clean it as carefully as you would your baby's bottles. The formula scoop must be completely dry before putting it back into the container.

## Baby Bottle Feeding Techniques

### DO

- Calm baby before feeding
- Hold baby upright & bottle horizontal
- Touch the bottle nipple to baby's cheek, chin, or lip to start
- Allow baby to decide when to latch to the bottle nipple
- Allow baby to take breaks every 20-30 seconds by tilting the bottle down
- Stop to burp 1-2 times per feeding



### DON'T

- Bottle feed baby lying flat on their back

### DON'T

- Hold the bottle vertical, this will cause baby to be gassy and uncomfortable

### DON'T

- Push bottle nipple in baby's mouth until they show you they are ready

### DON'T

- Force baby to finish a bottle

### DON'T

- Worry about the baby taking in air, this will not cause gas or discomfort, only painless burping

<b>Age</b>	<b>About how much does my baby need per feeding?</b>
<i>2-3 days</i>	<i>5-15 mL</i>
<i>4-5 days</i>	<i>15-30 mL (0.5-1oz)</i>
<i>6-8 days</i>	<i>30-60 mL (1-2oz)</i>
<i>2-3 weeks</i>	<i>60-100 mL (2-3 oz)</i>
<i>1-2 months</i>	<i>2.5-4 oz</i>
<i>2-3 months</i>	<i>3-6 oz</i>
<i>4-5 months</i>	<i>5-7 oz</i>
<i>6-12 months</i>	<i>6-8 oz</i>