

# A step-by-step guide to preparing a powdered formula feed

Guidance taken from '*Guide to Bottle feeding*'

<b>Step 1:</b>	Fill the kettle with at least 1 litre of <b>fresh tap water</b> (don't use water that has been boiled before).	
<b>Step 2:</b>	Boil the water. Then leave the water to cool for <b>no more than 30 minutes so that it remains at a temperature of at least 70°C</b> .	
<b>Step 3:</b>	Clean and disinfect the surface you are going to use.	
<b>Step 4:</b>	It's really important that you <b>WASH YOUR HANDS</b> .	
<b>Step 5:</b>	If you are using a cold-water steriliser, shake off any excess solution from the bottle and the teat, or rinse the bottle with cooled boiled water from the kettle (not the tap).	
<b>Step 6:</b>	Stand the bottle on a clean surface.	
<b>Step 7:</b>	Keep the teat and cap on the upturned lid of the steriliser. Avoid putting them on the work surface.	
<b>Step 8:</b>	Follow the manufacturer's instructions and pour the correct amount of water that you need into the bottle. Double check that the water level is correct.	

<p><b>Step 9:</b></p>	<p>Loosely fill the scoop with powdered formula – according to the manufacturer’s instructions – and level it off using either the flat edge of a clean, dry knife or the leveller provided.</p>	
<p><b>Step 10:</b></p>	<p>Always put the water in the bottle first, while it is still hot, before adding the powdered infant formula.</p>	
<p><b>Step 11:</b></p>	<p>Holding the edge of the teat, put it on the bottle. Then screw the retaining ring onto the bottle. Cover the teat with the cap and shake the bottle until the powder is dissolved.</p>	
<p><b>Step 12:</b></p>	<p>It is important to cool the formula so it is not too hot to drink. Do this by holding the bottom half of the bottle under cold running water. Make sure that the water does not touch the cap covering the teat.</p>	
<p><b>Step 13:</b></p>	<p>Test the temperature of the infant formula on the inside of your wrist before giving it to your baby. It should be body-temperature, which means it should feel warm or cool, but not hot.</p>	
<p><b>Step 14:</b></p>	<p>If there is any made-up infant formula left after a feed, throw it away.</p>	