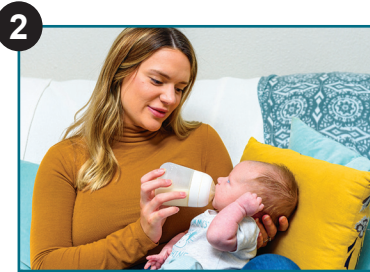


FEED



Look for **signs your baby is hungry** like sucking on their fingers or turning to look for food.



Hold your baby with the head higher than the rest of the body. Hold the bottle flat (horizontal to the floor).



Feed your baby slowly by letting them take a few swallows, then tip the bottle down. When baby begins to suck again, tip bottle up. Continue this until your baby turns or pushes away from the bottle.

Never prop your baby's bottle with a pillow or blanket or leave your baby unattended while feeding.

USE QUICKLY



Use prepared formula within 1 hour from start of feeding.

STORE SAFELY



If you are not going to use the prepared formula within 1 hour, immediately refrigerate and use within 24 hours.



Throw out any formula that's left in the bottle after feeding your baby. Do not refrigerate it to save for later. The combination of formula and saliva can cause germs to grow.



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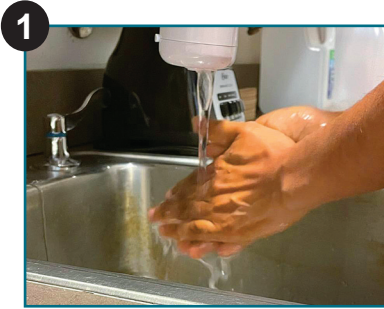
Formula Preparation for Healthy Full-term Newborns



If your baby is younger than 3 months old, was born prematurely, or has a weakened immune system or other health issues, check with your health care provider about preparing your baby's formula.



CLEAN



Clean your **hands**.



Clean **all parts of the bottle** and the scoop from the can. Use warm water and soap. Rinse and air dry after you clean.



Clean your **prep area**.

MIX

Note: These formula mixing steps apply to Similac Advance, Sensitive, Soy Isomil, Spit Up, and Total Comfort. Follow the steps on the container for all other formulas and any extra instructions from your health care provider. Powdered infant formula is not sterile and might have germs in it. If you are worried, consider using formula in a liquid form when possible.



1 Add **safe water** into the bottle at your desired amount.



2 Add **powder** based on the amount of water used in step 1 (see table below).*



3 Cap bottle and **shake well**.

TO MAKE	WATER	POWDER
2 fl oz bottle	2 fl oz	1 unpacked level scoop*
4 fl oz bottle	4 fl oz	2 unpacked level scoops*
8 fl oz bottle	8 fl oz	4 unpacked level scoops*

*Use scoop provided in Similac formula container.

- If you are not sure that your water is safe, call your local health department or visit bit.ly/CareforMIDrinkingWater.
- If you choose to warm your bottle, you can safely do this by running warm water over the bottle or putting the bottle in a bowl of warm water.
- **Never** use a microwave to heat your bottle because it causes “hot spots” that could burn your baby.

Follow the steps above to prepare and store your infant’s formula correctly.

Always use the right amount of water when mixing formula.

Using too much or too little water, or making homemade baby formula, can cause serious health problems.