

# HANDLING OF INFANT FORMULA

## Guidance for ECE kaimahi

WOMEN'S  
HEALTH  
ACTION

### Key things to remember:

- Wash and sterilise all feeding equipment until pēpi is at least 6 months old. From 6 months, thoroughly washing and rinsing are enough.
- Use cool water for preparing formula. Water must be boiled and cooled until pēpi is over 6 months old (or 18 months for bore or tank water) and used within 24 hours.
- Make a fresh bottle of formula just before each feed. Formula can be given warm or cold.
- Never add more or less formula powder or water than recommended. This could make pēpi very sick.
- Use formula within 2 hours. Do not reheat or use any leftover formula.



## PREPARATION OF WATER

Make sure you leave enough time for the boiled water to cool to room temperature (until it no longer feels warm) before it's needed.

1. Boil enough water to last the day. If you use an electric jug, boil a full jug until it turns off. If you use a stove top kettle, boil until it makes a loud whistle. If you are boiling water in a pot on the stove, let the water come to a rolling boil for 1 minute.



2. Pour boiled water into a sterilised container, cover and leave to cool on the bench and out of direct sunlight. Keep only for 24 hours.



### Te reo Māori

Kaimahi - worker, staff

Whānau - extended family  
or community

Pēpi - baby

Tamariki - children

# CLEANING & STERILISING

Feeding equipment must be washed and rinsed (by hand or in dishwasher)

3. Clean the work surface with hot soapy water.



4. Wash your hands with soap and water.



5. Wash all feeding equipment well in hot soapy water. Use a bottle brush to clean the bottles and teats.



6. Rinse all equipment under cold running water before sterilising.



7. To sterilise by boiling: Fill a large pot with water.



8. Place the washed feeding equipment into the water. Make sure that everything is completely covered with water and that no air bubbles are trapped.



9. Put the lid on the pot and bring the water to a rolling boil for 1 minute.



10. Turn the stove off and keep the pot covered until you need the feeding equipment. Keep tamariki away from boiling water.



Note: you can sterilise by boiling; by using an electric or microwave steam steriliser; or using cold-water sterilising tablets or solution.

# PREPARATION OF FORMULA

Prepare infant formula just before you feed pēpi.

11&12. Repeat steps 3 & 4

13. Carefully read the instructions on the formula can to find out how much powder you need.



14. Pour the correct amount of safe water\* into a cleaned and sterilised bottle. \*See 'Preparation of water'.



15. Using the scoop provided add the exact amount of powder to the water in the bottle.



16. Holding the edge, attach the teat and collar to the bottle.



17. Cover the teat with the cap. Gently shake or swirl the bottle until the formula is mixed well.



18. If you have warmed the formula, drip some of it on the inside of your wrist to check the temperature. It should feel warm but not hot.



19. Hold pēpi in a semi-upright position when feeding.



20. Use the formula within 2 hours. If there is any formula left after 2 hours, throw it away.

