

What Do I Need to Know About Formula Feeding?

Decision to Feed Infant Formula	I Know This	Learn More	Not Discussed Yet
I understand that exclusive breastfeeding or the feeding of human milk for the first 6 months of life is recommended by health authorities such as Health Canada.			
I understand that continued breastfeeding or the feeding of human milk is recommended by health authorities such as Health Canada up to age 2 years and beyond.			
I understand that infant formula does not have the same health advantages as breastfeeding.			
I understand that it is often difficult to reverse the decision once breastfeeding is stopped.			
I have had the opportunity to discuss my concerns about breastfeeding with a knowledgeable health care provider.			
I have considered the following: Acceptable – I have no cultural or social barriers to feeding infant formula. Feasible – I have the time, knowledge, skills, and resources to correctly prepare, store and feed infant formula. Affordable – I have adequate finances to pay for and prepare infant formula without compromising my family's health and well-being. Sustainable – I can provide infant formula for as long as my baby needs it (typically 9 months - one year of age). Safe - I have access to clean water and hygienic conditions to properly prepare, store, and feed infant formula.			
I am comfortable with the decision to feed infant formula.			
Infant Formula			
Infant formula is available as ready -to -feed, concentrate and powder.			
Infant formula must always be prepared according to the package instructions.			
Infant formula has an expiry date and baby should never drink infant formula that has expired.			
I know where I can find out about infant formula that has been recalled by Health Canada.			
I have a safe water source for the preparation of concentrate and powdered infant formula.			
I know how to safely prepare the infant formula that I have decided to feed my baby.			
I know how to safely clean the equipment that I use in preparing and feeding infant formula.			
I know how to store infant formula that has been prepared for my baby.			
I know how to safely travel with prepared infant formula.			

Feeding Baby	I Know This	Learn More	Not Discussed Yet
Responsive, cue-based feeding and why it matters.			
Methods of feeding: dropper or spoon (small amounts), cup, finger feeding, tube system at breast, bottle.			
Hold baby during feedings. Do not prop bottle.			
Watch baby's cues during the feeding and be responsive to stress cues.			
If mixed feeding (breastfeeding and also feeding infant formula): building and maintaining breastfeeding parent's milk supply.			