

Bottle Feeding Your Baby

Bottle feeding with formula will meet your baby's food needs. Your doctor will help decide which formula is right for your baby. Never give milk from cows or goats to a baby during the first year.

Types of Formula

Formula comes in three forms:

- Ready to feed formulas need no mixing.
 - ▶ Pour the formula into a clean bottle.
 - ▶ Use ready to feed formula if you are unsure about the quality of your water.
 - ▶ Once opened, use the formula within 48 hours.
 - ▶ This type of formula costs the most.
- Liquid concentrate formula needs to be mixed with equal parts of water.
 - ▶ Once mixed, use this formula within 48 hours.
 - ▶ This formula costs less than ready to feed.
- Powdered formula needs to be mixed with water.
 - ▶ Once mixed, use this formula within 24 hours.
 - ▶ This type of formula costs the least.

Water from your faucet is often clean enough to use unless it is supplied by a well or your house has old plumbing. Old plumbing may contain lead. Lead poisoning can cause brain damage in your baby. If you have well water or old plumbing, have the water tested every year. You may need to use bottled water for your baby.

Hranjenje bebe flašicom

Hranjenje bebe formulom (vještačkim mlijekom) uz upotrebu flašice će zadovoljiti bebinu potrebu za hranom. Vaš ljekar će vam pomoći prilikom odlučivanja koja je formula najbolja za vašu bebu. Nikada u toku prve godine života ne hranite bebu kravljim ili kozjim mlijekom.

Vrste formule (vještačkog mlijeka)

Formula se može kupiti u tri oblika:

- Formule spremne za upotrebu nije potrebno mućkati.
 - ▶ Naspite formulu u čistu flašicu.
 - ▶ Koristite formulu spremnu za upotrebu ako sumnjate u kvalitet vode.
 - ▶ Formula se mora upotrijebiti u roku od 48 sati nakon otvaranja.
 - ▶ Ovo je najskuplja vrsta formule.
- Tečni koncentrat formule se treba pomiješati sa istom količinom vode.
 - ▶ Ova formula se mora upotrijebiti u roku od 48 sati nakon miješanja.
 - ▶ Ova vrsta formule je jeftinija od formule spremne za upotrebu.
- Formula u prahu se mora pomiješati sa vodom.
 - ▶ Ova formula se mora upotrijebiti u roku od 24 sata nakon pripreme.
 - ▶ Ova vrsta formule je najjeftinija.

Osim ukoliko vodu dobijate iz bunara ili starog cjevovoda, voda iz česme je najčešće dovoljno čista za korištenje. Može se desiti da stari cjevovod sadrži olovo. Trovanje olovom može kod vaše bebe izazvati oštećenje mozga. Ukoliko koristite bunarsku vodu ili stari cjevovod, obavezno ispitajte kvalitet vode jednputa godišnje. Može se desiti da će za bebu biti potrebno da koristite flaširanu vodu.

Feeding Your Baby

Ask your baby's doctor how many ounces and how often to feed your baby. Every time your baby cries he may not be hungry. Watch your baby for feeding cues such as moving his hands to his mouth, movement of legs or arms, and making noises. Do not delay feeding when your baby has signs of being hungry even if you feel you have just fed your baby.

Each baby's eating habits are different. As a general guide:

- During the first few days, most babies eat about 1 to 2 ounces at each feeding every 2 to 4 hours.
- By two weeks, most babies are eating 3 to 4 ounces at each feeding every 3 to 4 hours. In time, your baby will develop a pattern.
- Your baby may eat different amounts at times.

Preparing the Formula

- Wash your hands before touching the bottle or nipple.
- If you are using liquid concentrate formula, mix the formula with equal parts of water.
- If you are using powdered formula, mix 1 level scoop of formula with 2 fluid ounces of water. Stir the formula well. If you add too much or too little water to the formula, your baby may not get enough food. Do not add cereal, honey, corn syrup or other ingredients to your baby's formula.
- Throw out unused mixed formula left in your baby's bottle. Start with a fresh bottle of formula at each feeding. Germs called bacteria can grow between feedings and make your baby sick.

Hranjenje bebe

Posavjetujte se sa ljekarom vaše bebe o količini (uncama ili decilitrima) i učestalosti hranjenja bebe. Svaki put kada vaša beba plače, ne znači da je gladna. Pratite znakove gladi kod vaše bebe, kao što su stavljanje šaka u usta, pokreti nogama ili rukama i glasovi koje pravi. Nemojte odgađati sa hranjenjem kada vaša beba pokazuje znakove da je gladna čak i kada mislite da ste je tek nahranili.

Navike u vezi jela su različite od bebe do bebe. Opšte upute:

- Prvih nekoliko dana, većina beba jede oko 1 do 2 unce (0,29 dl do 0,59 dl) po obroku svaka 2 do 4 sata.
- Prije nego što beba napuni dvije sedmice starosti, većina beba jede 3 do 4 unce (0,89 do 1,18 dl) po obroku svaka 3 do 4 sata. Vremenom će vaša beba uspostaviti svoj ritam.
- Ponekad se može desiti da vaša beba neće jesti istu količinu hrane.

Priprema formule

- Operite ruke prije nego što dotaknete flašicu ili cuclu.
- Ako koristite tečni koncentrat formule, promiješajte ga sa jednakom količinom vode.
- Ako koristite formulu u prahu, promiješajte 1 punu mjericu formule, ravnu do vrha, sa 2 tečne unce (0,59 dl) vode. Dobro promiješajte formulu. Ako dodate previše ili premalo vode u formulu, vaša beba neće dobiti dovoljno hrane. Formulama ne dodajte pahuljice, med, kukuruzni sirup ili druge sastojke.
- Prospite neiskorištenu formulu koja ostane u flašici. Svaki obrok počnite sa flašicom svježe pripremljene formule. Ovo je važno zato što u međuvremenu mogu nastati mikrobi zvani bakterije zbog kojih bi se vaša beba mogla razboljeti.

Bottle Nipples

Use a nipple for your baby's age. Make sure the nipple hole is small enough so the formula drips out slowly.

Warming Bottles

Formula should be at room temperature. To warm formula, place the bottle in a pan or bowl of heated water. Mix the formula in the bottle and test the temperature by dropping a few drops of formula on the inside of your wrist.

Never warm bottles in the microwave or on the stove because it destroys vitamins and does not heat the formula evenly. The bottle could explode or cause serious burns to your baby.

Cucle za flašicu

Koristite onu cuclu koja odgovara uzrastu vašeg djeteta. Pobrinite se za to da rupica na cucli bude dovoljno malena tako da formula polako curi.

Zagrijavanje flašica

Formula treba biti sobne temperature. Da bi ste je zagrijali, spustite je u šerpu ili zdjelu sa ugrijanom vodom. Formulu u flašici promiješajte i provjerite temperaturu tako što ćete kanuti nekoliko kapi formule na unutrašnju stranu ručnog zgloba.

Nikada flašice ne zagrijavajte u mikrovalnoj pećnici ili na šporetu jer to uništava vitamine, a formula se ne ugrije ravnomjerno. Takva flašica bi mogla eksplodirati ili vašoj bebi prouzrokovati ozbiljne opekotine.

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