



# Safe Infant Feeding Tips for Families

## Cleaning Feeding Items

- Use safe water to clean bottles and feeding items (bottles, nipples, pump parts, sippy cups).
- When using disposable items, throw away after 1 use.
- In an emergency situation or if baby has a weak immune system, extra sanitizing with boiling or a \*regular\* bleach solution is recommended. See details at link below.

### SAFEST WAYS TO FEED A BABY

**MOST**  
**SAFE**



**LEAST**  
**SAFE**

1. Direct Breastfeeding/  
Chestfeeding
2. Expressed Milk of Lactating  
Parent
3. Human Milk from Healthy Donor
4. Ready-to-Feed Formula
5. Powdered Infant Formula
6. (Babies 6 months and older  
ONLY) Whole cow's pasteurized  
milk

### IF BREASTFEEDING / CHESTFEEDING



- Direct breastfeeding is the safest for your baby. You can usually continue even in stressful situations.
- When you need to express milk or be away from your baby, hand expression or pumping can help.
- Holding your baby in a soft carrier can keep milk supply up and keep baby warm.

### WHEN USING POWDERED FORMULA: (adapted from DHHS)

- Always follow formula instructions - if instructions are unavailable, do not use it unless your provider has given clear instructions to do so. Use the scoop provided.
- Use formula before the "best by" or "use by" date, and ensure package has not been damaged or opened. DO NOT USE formula or baby food after use-by date.
- Always use a safe form of drinking water for infant feeding (ie, bottled, boiled, from a well that has been SHOCKED/treated). When possible, water should be boiled, mixed with the powder, & then cooled before feeding to baby - Powder isn't sterile.
- If mixing more than one bottle: mix powder with water at at least 158°F, refrigerate and feed within 24 hours or as written on the formula label.
- If refrigeration is not available, mix formula each time baby eats and throw away any remaining liquid after the feeding.
- Animal milk, plant-based milks, toddler formulas, or homemade formulas should not be given to babies instead of infant formula as some nutrients are lacking.
- Do NOT water down formula for any reason; this is extremely dangerous for babies.



In English y en español

### Visit [safeinfantfeeding.org/families/](https://safeinfantfeeding.org/families/) for tips on:

- Sanitizing infant feeding items
- How to hand express & cup feed
- Keeping baby warm in cold weather
- Baby wearing
- Safe formula storage guidelines