

TIP PLACE STERILIZED BOTTLES, PUMP KIT PARTS AND FORMULA MIXING TOOLS ON A PIECE OF PAPER TOWEL TO AIR-DRY, INSTEAD OF A DISHTOWEL, WHICH COULD CONTAIN TRACES OF BACTERIA.

TIP BREASTMILK SEPARATES, ESPECIALLY AFTER FREEZING. TO GET IT HOMOGENIZED AGAIN, ROLL THE BAG OR BOTTLE OF ROOM-TEMPERATURE MILK BETWEEN YOUR HANDS FOR 30 SECONDS.

TIP IS YOUR FRIDGE COLD ENOUGH? MILK AND FORMULA SHOULD BE STORED AT 4C OR 40F.



BOTTLE SERVICE

To keep all of the bottle-feeding dos and don'ts straight when you're feeling bleary-eyed, tack this chart to your fridge. **WRITTEN BY KAREN ROBOCK**

	BREASTMILK	FORMULA
FRIDGE STORAGE	Kept consistently cool (in the back of the fridge, not in the door); expressed breastmilk is good for three to six days.	A prepared (but untouched) bottle of formula can be stored in the back of the fridge for 24 hours. Opened containers of ready-to-feed and liquid concentrate formulas are good for 48 hours. Powdered formula should be used within one month of opening the can or tub.
FREEZER STORAGE	Breastmilk should be placed in a special breastmilk storage bag, or a BPA-free plastic or glass container or bottle that has been cleaned with hot, soapy water, then rinsed and dried. Write the date on the container and leave a little space to allow for expansion. Breastmilk can be kept at the back of the freezer for three months (or six months in a chest freezer).	There's no reason to freeze formula. Just mix the powder and water—or use premixed liquid ready-to-feed formula—when you need it.
WARMING A BOTTLE?	Babies don't require warm milk (whether it's formula or breastmilk), but if you wish to heat it up, place the bottle in a bowl, mug or small pot with a few inches of hot tap (not boiling) water for up to 15 minutes. (Never use the microwave, as it can heat milk unevenly and create hot spots.) Test the temperature of the milk on the inside of your wrist. If you're warming a bottle of breastmilk from your freezer stash, thaw milk in the fridge the night before, then put out on the counter for 30 minutes to warm to room temperature.	
HALF-FINISHED BOTTLES	Give him an hour to finish up, then dump whatever's left. Once a baby sucks on the bottle, it's contaminated with saliva and is a breeding ground for bacteria.	Immediately discard whatever formula is left.
REHEATING A BOTTLE	Use breastmilk (heated or at room temperature) within one hour; don't save what's left in a bottle or reheat it.	Formula should be used immediately; never reheat it.
ROOM-TEMP BOTTLES	An untouched bottle of fresh or thawed breastmilk can sit out for four to six hours at room temperature.	Untouched, room-temperature formula should be thrown away at the two-hour mark.
DO I NEED TO STERILIZE?	New bottles and nipples should be sterilized on first use. For future feedings of healthy babies drinking expressed breastmilk, it's sufficient to wash with hot, soapy water and let air-dry, or put them through the dishwasher.	Because formula is more prone to bacterial growth than breastmilk, bottles need to be sterilized every time for the first four months. Wash your hands with hot, soapy water, then clean all parts using a bottlebrush. To sterilize, submerge nipples and bottles in boiling water for two minutes. Microwaveable steam sterilization bags, or an electric sterilizer, are also convenient options. Water used to prepare formula should also be boiled for two minutes. (If your baby is older than six months, speak with your doctor about whether you can use hot tap water instead.)
TAKING IT TO GO	Frozen breastmilk is safe in a cooler bag with ice packs for 24 hours; thawed breastmilk (that hasn't been warmed) can keep in a cooler for up to four hours.	Carry already-mixed formula in a cooler bag with an ice pack and use within two to four hours. If you're going to be away from home for longer, pack unopened ready-to-feed formula or measure out powdered formula into a clean, dry container and bring just-boiled water in a Thermos.

**All guidelines are based on feeding advice for healthy, full-term babies. If your baby was premature or has a medical condition, contact your doctor for more specific advice. Sources: Neonatologist Sharon Unger, director of the Rogers Hixon Ontario Human Milk Bank at Mount Sinai Hospital in Toronto; Rachel Douthwaite, a lactation consultant and public health nurse in Vancouver.*