BOTTLE FEEDING

*CONSULT YOUR DOCTOR
BEFORE WEANING THE BABY*

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BOTTLE FEEDING

THE BEST FORM OF ARTIFICIAL FOOD

Since many children have to be weaned or partially weaned, even in the early months of the first year, the mother must know what to feed and how to feed her baby.

COWS' MILK THE BEST SUBSTITUTE FOR MOTHER'S MILK AT OUR DISPOSAL

Cows' milk to be safe for the baby—

Must be clean and free from adulterants.
Must be free of disease germs.
Must be relatively fresh (under 36 hours).
Must be kept cold after production.

If the cow whose milk you feed your baby is not kept on your own premises, get certified milk or the best grade of pasteurized bottled milk. Otherwise always scald milk before using it for the baby. Where fresh milk can not be obtained, milk powder (dry milk) is the best form of canned milk for infant use.

AMOUNT OF WHOLE COWS' MILK TO BE GIVEN TO A WELL INFANT

The amount of milk to be given in 24 hours to an infant depends on his age, weight, and digestive powers. Most infants under one year need 1½ ounces of milk to every pound of their own weight. With very young infants, or when weaning, it is safer to begin at 1 ounce for every pound of weight. Two ounces of whole mixed milk is more food than most infants can stand, and more than they need if other foods are used in their diet.

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THE FEEDING INTERVAL

Three hours between feedings is the shortest interval safe for the average child. Artificially-fed children do better on a four-hour interval. Infants should be waked to be fed during the daytime. Feeding between 10 p. m. and 6 a. m. is usually unnecessary and unwise, so on a three-hour schedule a baby should take not more than six bottles, and on a four-hour schedule not more than five bottles in 24 hours. On a four-hour interval a child must be given more at a feeding to get as much in 24 hours as on a shorter interval when he gets one more bottle.

Example: Well infant under 6 months of age

Three-hour interval—
Time of feeding, 6, 9, 12 a. m., and 3, 6, and 10 p. m.
Total number of feedings, 6 in 24 hours.

Four-hour interval—
Time of feeding, 6, 10 a. m., and 2, 6, and 10 p. m.
Total number of feedings, 5 in 24 hours.

AVERAGE AMOUNT OF LIQUID TAKEN AT A FEEDING

Infant	Amount
1–3 days old	½ ounce
1 week	1–2 ounces
1 month	2½–3½ ounces
3 months	4–5 ounces
6 months	6 ounces
8 months	8 ounces

MODIFICATION OF MILK

Decide on the amount to be fed at a single feeding and the total number of feedings in 24 hours. Take the amount of whole cows' milk suited to the weight and digestive capacity of the infant, dilute the milk with sufficient boiled water or cereal water to

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bring it up to the desired amount for the total number of feedings. One-half to 1 ounce of sugar (for cane sugar, 3 to 6 level teaspoonfuls) should be dissolved in the boiled water or cereal water before adding it to the milk. Mix well and divide it into the desired number of feedings.

Cereal water instead of boiled water may be used after the first month for diluting the milk. During the early months, it should be made by using only one-half a level teaspoonful of flour (barley or wheat) to a pint of water. This may be gradually increased to 2 level tablespoonfuls at 6 months and 3 level tablespoonfuls at 9 months.

In making cereal water, mix the flour in a little cold water until it is a smooth paste and then stir this into a pint of boiling water. Let the mixture cook over a flame until it thickens and then cook slowly in a double boiler for at least 1 hour. Do not salt for young infants.

Example: A well baby, 6 months of age, weighing 14 pounds, has a stomach capacity of 6 ounces; therefore, if six meals a day are given, the total amount to be given would be 36 ounces; if five meals a day are given, the infant could safely be given 7 ounces at a feeding, making the total amount 35 ounces; allowing $1\frac{1}{2}$ ounces of milk to the pound weight gives a total of 21 ounces.

Feeding Formula.

Milk (whole)........... 21 ounces
Water................ 14 ounces
Sugar................ 1 ounce (dissolved)
                      ————
Total............ 35 ounces

REGULARITY IN FEEDING IS THE FIRST HABIT A CHILD MUST ACQUIRE