This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child’s treatment.

This information can be made available in other languages and formats if requested

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**Department**

**Formula Feeding**

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**Information for patients,**

**parents and carers**

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**Intro****duction**

Breastfeeding, or breast milk feeding, is the optimal source of nutrition for your baby.  For infants who are not breastfed or receiving breastmilk, standard infant formula should be the sole source of nutrition (or used to supplement breastmilk if needed) up to 6 months of age, and, used alongside the introduction of solids until 1 year of age.

**How to formula feed my baby whilst in hospital**

The safest way to formula feed your baby whilst in Alder Hey, is to use ready to feed bottles.  The preparation of powdered formula milk on the wards is strictly prohibited due to infection control guidance. If you do make up formula milk on the ward you could put your baby at risk of infection.

**What brands of formula can I feed my baby?**

Alder Hey provides two options of ready-to-feed standard infant formula. If you normally use a different brand, you can safely switch to a brand we provide whilst you are here.   All standard infant formula milks must meet the same composition regulations and there is no scientific evidence that any brand is superior to another.

**What to do if I don’t want to switch brands**

If you do not want to feed your baby with one of the provided brands, then you can provide your own formula in ready to feed bottles. These are expensive so we would not recommend it. However, if you do purchase your own then, once opened, the bottle can be stored in the fridge for 24 hours.

**What to do if my baby is not on a standard infant formula**

If your baby requires a specialist milk for medical purposes, our Special Feeds Unit will provide this.  If your baby requires a non-standard infant formula that we do not provide, we will request that you bring in an unopened tin during admission and the nursing staff can request for our Special Feeds Unit to prepare it.

**Useful Information**



 First Steps Nutrition



 Unicef Guide to Bottle Feeding

If you have any further questions please ask your nurse