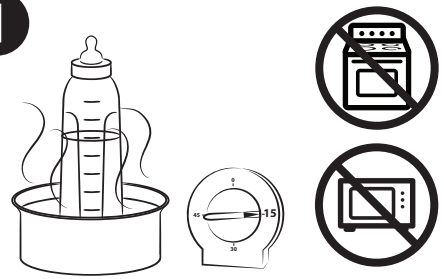
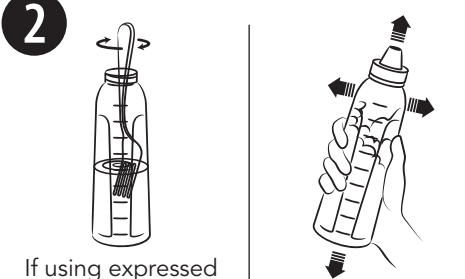
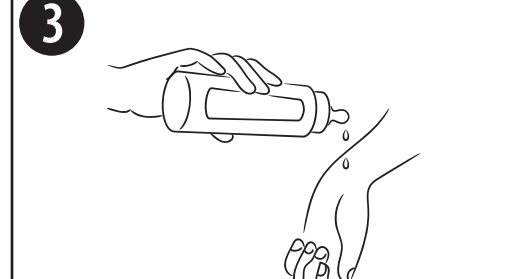


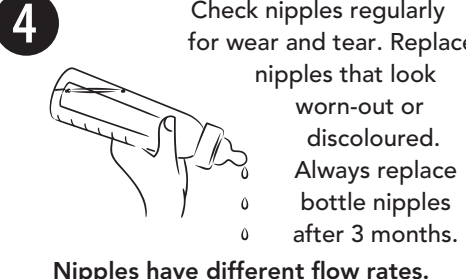
HOW TO FEED YOUR BABY WITH A BOTTLE

- 1** 


Put bottle in warm water for no more than 15 minutes. Do not heat bottle on the stove or in the microwave.
- 2** 


If using expressed breast milk, stir the maternal milk with a sterilized utensil.


If using artificial baby milk, shake the bottle well.
- 3** 


Check temperature of the milk on your wrist. Let it cool if too hot.
- 4** 


Check nipples regularly for wear and tear. Replace nipples that look worn-out or discoloured. Always replace bottle nipples after 3 months.


Nipples have different flow rates. Check nipple flow:
 Newborns prefer slow flow nipples. Older babies prefer faster speed nipples.
- 5** 

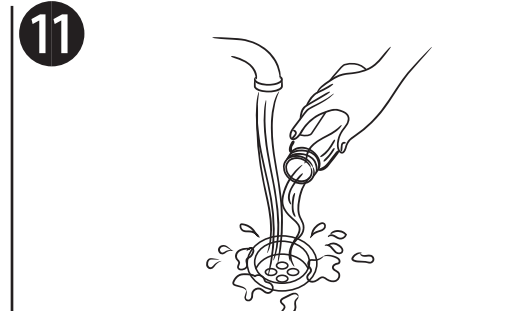
Watch your baby for early feeding cues.
- 6** 


Wait for baby to open their mouth.
- 7** 

Tip bottle slightly so there is no air in the nipple.
- 8** 

Always hold your baby close in an upright position.
- 9** 

Watch your baby swallow. Allow baby to rest when he needs to.
- 10** 

Stop feeding when your baby shows signs of being full. Burp your baby as needed.
- 11** 

Throw away what your baby does not drink within 2 hours.
- 12** 

Rinse bottle and nipple to prepare them for sterilization.

NOTE: Do not add baby cereal to thicken infant formula. This may lead to inappropriate weight gain.