

Helping Your Baby Adjust to a New Formula

Breastmilk is the best nutrition for babies. Breastfeeding is recommended for at least 12 months or as long as desired by both baby and mom.

An average bottle, depending on your infant's age, maybe around 4 ounces. Most babies can change to a new formula without any problems. If you think your baby is having a difficult time changing formulas, talk to a WIC Nutritionist and follow the directions below.

Formula Mixing Directions

Directions to make a 4 ounce bottle

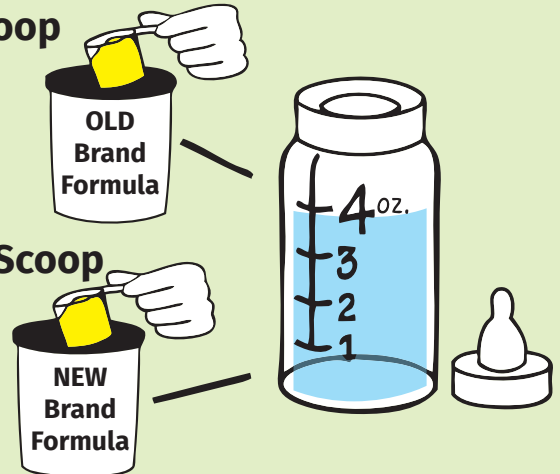
You will need:

- 1 can powder, old brand of formula
- 1 can powder, new brand of formula

Day 1

Mix:
 4 ounces water
 1 scoop powder, **old** brand formula
 1 scoop powder, **new** brand formula

1 Scoop



Day 2

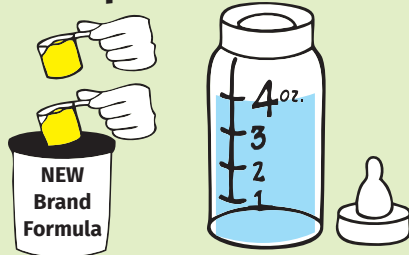
Repeat formula mixing directions from Day 1

Day 3

Repeat formula mixing directions from Day 1

Day 4

2 Scoops



Mix:

- 4 ounces water
- 2 scoops powder, **new** brand formula

Parenting Tips:

- It is best to feed your baby when he or she shows signs of hunger.
- A baby's stool may look or smell different when you change formulas. This is normal. If your baby has diarrhea or constipation, contact your doctor.
- If your baby has problems when you give a new formula, contact the WIC Nutritionist or your doctor.



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