

How much will I need for the first 6 months?

A baby will need between 40 and 51 tins of formula, depending on the weight of the tin (400g to 500g).

Number of tins of formula needed each month

Age in Months	500g tins	450g tins	400g tins
1	4 tins	5 tins	5 tins
2	6 tins	6 tins	8 tins
3	7 tins	8 tins	9 tins
4	7 tins	8 tins	9 tins
5	8 tins	8 tins	10 tins
6	8 tins	9 tins	10 tins



Feeding Your Baby Infant Formula with a Cup

Things to remember

- Women who are HIV positive should never breastfeed their babies once they have started to give formula to avoid the chance of passing HIV to the baby.
- If you run out of formula, do not breastfeed and do not add more water to make formula last longer. When you see that you are running low, go to the health centre to learn how to feed your baby until you get more formula.
- Your baby will need only formula during the first 6 months of life. You do not need to give your baby food, water, or any other liquids until the baby has completed 6 months. After 6 months, begin to give other clean and healthy foods.
- If you have questions about feeding your baby, ask a trained counsellor for help. Watch for signs of diarrhoea, fever, difficulty breathing, or refusal to feed. These all need immediate attention from a health worker.
- Women who do not breastfeed may get pregnant much sooner than women who do breastfeed. Talk with a family planning counsellor as soon as possible after giving birth. Also, practice safe sex by using condoms.



What do I need to know?

There are different kinds of infant formula in the market. Always make sure that you are using infant formula made specifically for babies. Always read and follow the instructions that are printed on the tin very carefully.

It is best to prepare only enough infant formula for one feeding at a time.

Babies need more and more infant formula as they grow. The table on the back page tells you how many tins of formula you will need for the first 6 months of life. Make sure that you will have enough infant formula to prepare each day.

How to prepare infant formula

- Make sure that you always have clean water to mix with the infant formula. Prepare the water that you will need for the whole day. Bring the water to a boil and then pour into clean covered container.
- Wash your hands with clean water and soap before preparing infant formula and feeding it to your baby.
- Use soap and clean water to wash the feeding cups, measuring cups, spoons and other utensils that you use to prepare and feed your baby.
- It is best to boil the utensils to be sure they are clean.
- Organize all of the utensils you will need. Always use a special cup or container to measure the boiled water. Always use the special scoop that comes with the tin of infant formula to measure the formula.



Mix the infant formula carefully



- Follow the instructions on the infant formula tin exactly. Measure the formula using the scoop provided. Make each scoop level. Put the formula into the marked cup or container.
- The number of scoops of formula you use will depend on the age of the baby.
- Add a small amount of cooled boiled water to the formula in the cup and stir to dissolve to avoid lumps.
- Then, according to the instructions on the tin, fill the cup or container to the mark with the hot water. Adding too much or too little water can be dangerous for your baby's health.



How should I feed the baby?

Always feed the baby using a clean open cup. A newborn baby learns quickly to drink from a cup. Avoid using bottles and teats because they are difficult to clean and can cause your baby to become sick.

If the baby does not drink all of the infant formula during a feed, throw it away. Left-over milk can cause the baby to become sick.