

NEWBORN FEEDING



Congratulations to your newborn! It can be anxious for taking up new role as parents. Here are some health tips on newborn feeding.

Benefits the health for both babies and mothers



The **ideal source** of nutrients for baby's growth and development



It helps digestion, reduces the risk of diarrhea, chest infections, obesity and future diabetes in **babies**.

The **WHO** recommended:
Exclusively breastfeed your baby in the first 6 months

It reduces the risk of breast and ovarian cancer, diabetes and bleeding after delivery in **mothers**. It also helps body slimming.

Breastfeeding

Gradually introduce solid food at around 6 months old and continue breastfeeding **up to 2 years old or above**.



Infant formula milk is the **only substitute** for breastmilk.

"Stage 1 formulae", are suitable for the healthy babies from birth up to 12 months old.



Use **water $\geq 70^{\circ}\text{C}$** to make up formula feeds to reduce risk of infection.



Fill the feeding bottle with hot water first followed by powdered infant formula

All feeding equipment must be washed thoroughly, sterilized and stored properly.



Feeding formula milk

Cool the milk and test the temperature of the formula feed on the inner side of your wrist before feeding



Burp your baby after feeding to expel the air swallowed during feeding.



Consume the prepared milk **within 2 hours**



- Do not feed your baby under 6 months old with other food or drink including water and honey.



If you have any problems with breastfeeding, please seek help as soon as possible. You may

- visit the **Maternal and Child Health Centers** or
- call the **Breastfeeding hotlines: 36187450**

