



## 11. Bottle Making Procedure 2021-2022.

Make sure you are organised before you start and that all equipment is ready so that feed times are not delayed.

1. Fill the kettle with at least 1 litre of fresh tap water (don't use water that has been boiled before).
2. Boil the water. Then leave the water to cool for no more than 30 minutes, so that it remains at a temperature of at least 70C.
3. Clean and disinfect the surface you are going to use.
4. It's very important that you wash your hands.
5. If you are using a cold-water steriliser, shake off any excess solution from the bottle and the teat, or rinse the bottle with cooled boiled water from the kettle (not tap water).
6. Stand the bottle on a clean surface.
7. Keep the teat and cap on the upturned lid of the steriliser. Avoid putting them on the work surface.
8. Follow the manufacturer's instructions and pour the amount of water you need into the bottle. Double check that the water level is correct. Always put the water in the bottle first, while it is still hot, before adding the powdered infant formula.
9. Loosely fill the scoop with formula, according to the manufacturer's instructions, and level it off using either the flat edge of a clean, dry knife or the leveller provided.
10. Different tins of formula come with different scoops. Make sure you only use the scoop that is enclosed with the powdered infant formula you are using.
11. Holding the edge of the teat, put it on the bottle. Then screw the retaining ring onto the bottle.
12. Cover the teat with the cap and shake the bottle until the powder is dissolved.
13. It's important to cool the formula so it's not too hot to drink. Do this by holding the bottom half of the bottle under cold running water. Make sure the water does not touch the cap covering the teat.
14. Test the temperature of the formula on the inside of your wrist before giving it to your baby. It should be body temperature, which means it should feel warm or cool, but not hot.
15. Put on a clean apron.
16. Ensure that you are sat comfortably and have everything that you need within easy reach.
17. Put a clean bib on the child, if requested by the parent.
18. Feed the child the bottle and wind appropriately.
19. If there is any made-up formula left after a feed, throw it away.
20. Record the feed and the amount taken on the feeding chart and record it in the child's iConnect Parent Zone.

Reviewed: August 2021.