

Baby's Name: _____

Formula Feeding

Formula: _____

Date: _____

Time	Formula Amount (mL)	Spit Up?	Wet	Stool	Sleep Time

- It is important to feed your baby every 3-4 hours. If your baby has not eaten in the past 4 hours, wake the baby to feed.
- **Shake the bottle of formula before attaching nipple.**
- **When feeding baby, make sure that the head is higher than the belly.**
- **Never** prop a bottle on a blanket or other object while the baby feeds.
- Burp baby every 10-15 mLs.
- For the first feeding, do not feed baby more than 30 mLs. The baby's stomach is very small. Increase baby's feedings slowly with no more than 15 mLs more than the last feeding.
- Do **NOT** use formula that has been opened longer than 1 hour.

Bowel Movement Daily Record (put date and # of bowel movements)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday