

1



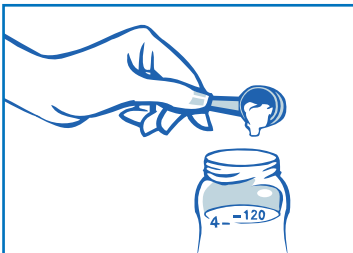
It's always best to make up each feed as and when you need it. Before making up a bottle, make sure your equipment is sterilised, the work surface where you'll be preparing the bottle is clean and you've washed your hands thoroughly.

2



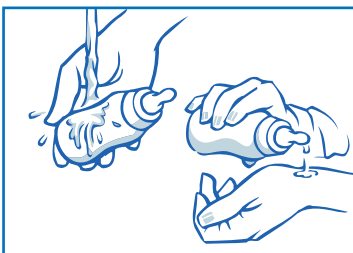
Boil fresh tap water in the kettle and allow it to cool to no less than 70°C (this means leaving water to cool for no more than 30 minutes after boiling).

3



Measure the required amount of cooled boiled water into the sterilised bottle, as shown on your infant milk powder packaging. Using the scoop provided, add the required number of scoops of powder to the bottle, levelling off each scoop with a clean, dry knife. Do not pack the powder down in the scoop.

4



Place the sterilised teat and cap on the bottle and shake well. Before offering it to your baby, cool the formula by holding the bottle under cold running water until lukewarm. Test the temperature by shaking a few drops onto the inside of your wrist.

5



When feeding your baby, hold the bottle at an angle, so the teat and bottle neck are always full of milk. This way there's less chance of your baby getting trapped wind. Throw away any milk that has not been used within one hour if the bottle has been fed from. And after two hours even if it's untouched.

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