

# Stepwise Guide For The Preparation Of Infant Formula Milk



1

Clean the preparation area and wash your hands well.

2

Boil the fresh tap water and let it cool for no longer than 30 minutes.



3



Clean and sterilize the baby bottle.

4

Pour the specified amount of water into the bottle as per the instructions on the formula's pack.



5



Scoop out the formula and pour it into the bottle as per the instructions.

6

Cover the bottle and shake until the powder is completely dissolved.



7



Pour a few drops of formula on your wrist to check the temperature.

8

Use it within two hours and discard unused formula.



## Reference:

1 How to make up baby formula; NHS