

Helping Your Baby Adjust to a New Formula

Most babies can change to a new formula without any problems. If you think your baby is having a hard time changing formulas talk to your WIC staff and follow the directions below.

Formula Mixing Directions

Directions to make a 4-ounce bottle

You will need:

- 1 can powder, old brand of formula
- 1 can powder, new brand of formula

Day 1
Mix:
 4 ounces water
 1 scoop powder, **old** brand formula
 1 scoop powder, **new** brand formula

1 Scoop



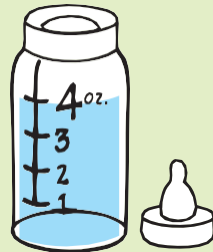
Day 2
 Repeat formula mixing directions from Day 1

1 Scoop



Day 3
 Repeat formula mixing directions from Day 1

Day 4
2 Scoops



Mix:
 4 ounces water
 2 scoops powder, **new** brand formula

Feeding Tips:

- It is best to feed your baby when he or she shows signs of hunger.
- A baby's stool may look or smell different when you change formulas. This is normal. If your baby has diarrhea or constipation, contact your doctor.
- If your baby has problems when you give a new formula, contact your WIC Nutritionist or your doctor.