

Provider Information

FF-HY HYGIENE

OUTCOME: The patient/family will understand personal routine hygiene as it relates to infant formula feeding.

STANDARDS:

1. Discuss the importance of hand-hygiene in infection prevention.
 - a. Explain the importance of hand washing especially during food preparation and eating, diaper changing, toilet use, and wound management.
 - b. Explain that this can be accomplished with soap and water or alcohol-based hand cleaners.
2. Review the importance of age-appropriate oral hygiene.
3. Review the risks of exposing infants to communicable diseases.

Highlights of Hygiene

- Safe preparation and feeding of infant formula
- Demonstrate and verify safe preparation and feeding of baby formula

Breastfeeding is best! But.....

Infants should be exclusively breastfed for the first six months of life to achieve the best growth, development and health. There are, however, instances where breast milk is not available, where the mother is unable to breastfeed, where they have made an informed decision not to breastfeed, or where breastfeeding is not appropriate:

- The mother is taking medication that is contraindicated for breastfeeding
- The mother is HIV-positive
- Some very low-birth-weight babies may not be able to breastfeed directly
- Expressed breast milk may not be available at all or available in insufficient quantities.

Infants who are not breastfed require a suitable breast-milk substitute, which is infant formula. Baby formula must be safely prepared.

To safely prepare Baby Formula

1. Wash your hands thoroughly with soap and water before preparing the baby formula and when giving the baby the bottle.
2. Cleaning: wash the bottle and formula preparation equipment (e.g. cups, bottles, nipples and spoons) thoroughly in hot soapy water.

3. Clean the bottle and nipples with a brush to ensure that all remaining formula is removed.
4. It is best to prepare fresh formula each time and to feed immediately
5. Make sure the surface or area where you are preparing the baby formula and bottle is clean.
6. To the water, add the exact amount of formula as instructed on the label. Adding more or less formula than instructed could make infants ill.
7. Shake or swirl gently until the contents are mixed thoroughly.
8. Check feeding temperature in order to avoid scalding the infant's mouth.
9. Discard any formula that has not been consumed within two hours from preparation (unless refrigerated.)

Preventing Tooth Decay

How long and how often you feed your baby are important factors in preventing dental caries and babies should never be left alone with a bottle and should be encouraged to drink from a sippy cup as soon as they are ready to make the change. Bottles should never be used as comforters.

- Your child's baby teeth are important. As your infant gets older, your baby will need strong, healthy teeth to chew their food; speak and have a good-looking smile.
- Baby teeth also keep a space in the jaw for the adult teeth. If a baby tooth is lost too early, the teeth beside it may drift into the empty space. When it is time for the adult teeth to come in, there may not be enough room. This can make the teeth crooked or crowded.
- Starting infants off with good oral care can help protect their teeth.
- Good strong teeth begin with good bottle feeding habits
- Your child's baby teeth are at risk for decay as soon as they first appear-which is typically around age six months.
- Tooth decay in infants and toddlers is called Early Childhood Caries (cavities). It most often occurs in the upper front teeth, but other teeth may also be affected.
- Infants and toddlers with numerous cavities will need these "baby teeth" filled or pulled.
- The good news is that decay is preventable.

Until six months of age, your baby needs only baby formula. Until six months of age, your baby does not need cereals, juices, water or other sweet liquids. Do not put fruit juices, Kool-Aid, soda pop into your baby's bottle. Giving formula in a bottle to pacify

your baby or putting your baby to bed with a bottle can cause tooth decay. Infants should finish their bedtime and naptime bottles before going to bed.

If you drop your baby's bottle, rinse the nipple in warm or hot water before giving the bottle back to the baby. Make sure that the hot water is not hot enough to burn your baby's mouth.

Do not pick-up a dropped bottle and stick the nipple in your mouth to "clean" the nipple. You can pass on bacteria and germs from your mouth to your baby.

Hand washing is very important. Washing your hands stops the spread of germs that can hurt your baby. When you are cleaning your baby's teeth, giving a bottle, changing the baby's diaper, fixing baby formula, feeding the baby, or tending to minor scrapes and injuries, it is very important to wash your own hands before taking care of your baby. You can pass bacteria to your baby.

Wherever children are together, it is easy for infants and toddlers to spread diseases. Infants and toddlers are likely to put their hands and toys into their mouths and then share their toys.

To reduce the risk of becoming sick, keep your baby and toddlers immunizations up-to-date with the recommended immunizations against diseases.

Other infectious diseases common in young children are colds, sore throats, coughs, vomiting, and diarrhea.

Washing your hands often and good hygiene with your baby can help to reduce illness and disease .

Click here on a patient education handout on [Formula Feeding and Hygiene](#).

Flesch 63/8th