



Preparation & Quantities of BreastMilk Substitute¹ by weight

Age

 1-6 Months
 Nutritional Protocol

QUANTITY of BMS to prepare at home according to infant's weight

Weight of infant (kg)	Volume of water (ml)	Scoops of infant formula	Number of Feeds per day	Number of Tins infant formula (500 g) per week
2.5 – 3.0	60	2	6 - 8	1.0
3.1 – 3.5	90	3	6 - 8	1.5
3.6 – 4.0	120	4	6 - 8	2.0
4.1 – 4.5	150	5	6 - 8	2.5
4.6 - 5.0	180	6	4 - 6	3.0
5.1 - 6.0	210	7	4 - 6	3.0
> 6.0	240	8	4 - 6	3.0

PREPARATION of BMS (infant formula) from powder

MATERIAL	
	BMS powder
	Clean and boiled water (cooled to room temperature)
	Pot with lid
	Cup (150-250 ml)
	Cup cut to measure 30 ml volume (or 30ml container)
	Teaspoon
	Thermos
	Soap and clean towels

PREPARATION	
1.	Properly wash the kitchen utensils (pot, spoon and cup) with water and detergent
2.	Wash hands with water and soap.
3.	Boil water in the pot and let cool to room temperature/ lukewarm – transfer immediately to thermos.
4.	Place the necessary quantity of lukewarm water in a feeding cup of 150-250 ml volume.
5.	Keep the rest of the hot water in the thermos for the following feeds.
6.	Add the corresponding amount of infant formula powder (scoops) and ensure that the tin is correctly re-sealed.
7.	Stir (mix) with the spoon to dissolve the milk completely.
8.	Verify temperature is suitable for drinking (drop some on the inside of your wrist).
9.	Feed infant from cup (or use spoon if not possible with cup).
10.	Discard any milk remaining in the cup more than one hour after preparation.

¹Breastmilk Substitute = infant formula