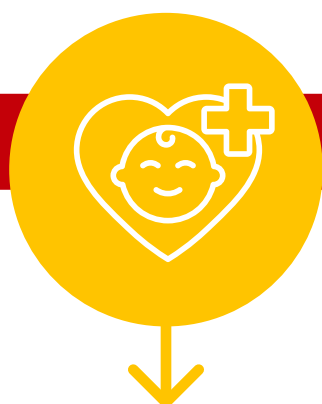




Weill Cornell Medicine

Breast vs. Bottle: A New Parent's Guide



For new parents, the choice between breastfeeding and formula can be intimidating and confusing. Get the facts to make your decision with confidence.



Benefits of Breastfeeding

Breastfeeding offers a number of perks for mothers who are able to do so.



Convenience. Breastfeeding allows you to provide your baby with nourishment on the go, making outings easier. With the help of a breast pump, you can enjoy flexibility while your little one receives the benefits of your milk.



Health benefits. Breastfeeding reduces your baby's risk of asthma, obesity and other illnesses and chronic health conditions. It can even protect you from health problems, including breast cancer.



Bottle Tips

There are many reasons a family may choose or need to bottle feed. Whatever your feeding journey looks like, these five tips can help make bottle feeding easier and more comfortable for you and your baby.

1

Choose your formula.

Many baby formulas are based on cow's milk or soybeans. You can even get hypoallergenic formula for babies with specific allergies.

2

Mix properly.

To mix baby formula properly, always add the powder to the water and shake well until fully dissolved. Be sure to check for any clumps before feeding.

3

Control formula temperature.

You can warm the bottle by running it under warm water or placing it in a bowl, but avoid water getting inside. Test the temperature on your wrist; it should be warm, not hot.

4

Monitor every feeding.

Always hold your baby and the bottle while feeding. Don't force your baby to finish a bottle.

5

Know storage rules.

Store any unused prepared infant formula in the refrigerator within 2 hours and use it within 24 hours. Discard any leftover formula after feeding and do not refrigerate leftover formula for later use.

>> Bottom Line

Ultimately, what matters is that your baby is nurtured, fed and loved, whether through breastfeeding, bottle feeding or both. Trust your instincts and choose what works best for you.

Looking for guidance in caring for your newborn?
Find a doctor today: weillcornell.org/doctors



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