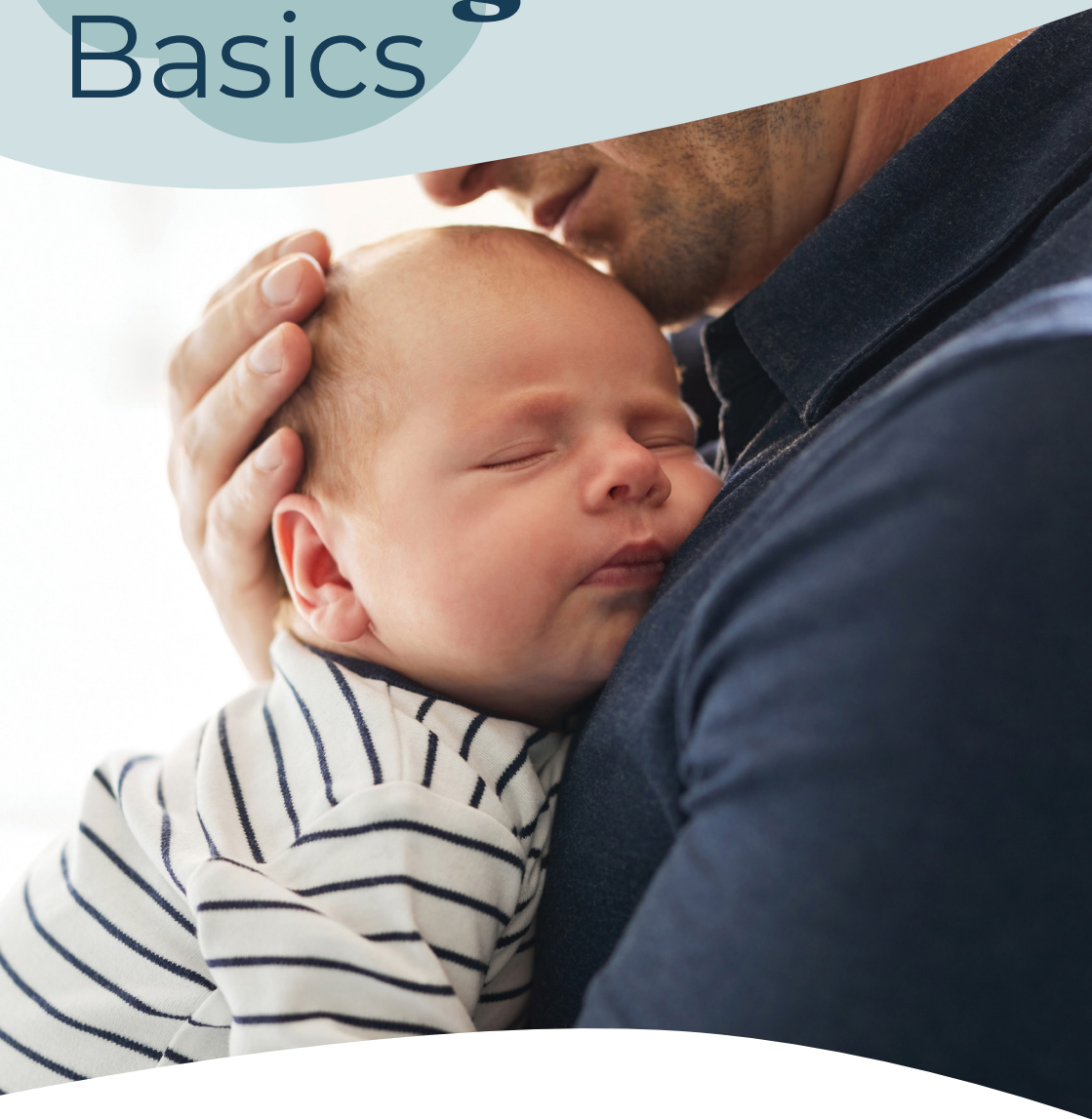


Feeding Basics





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Breast is Best

Not only is breastfeeding the most amazing bonding experience for you and your baby, it has many health benefits for you both

In Australia, the National Health and Medical Research Council (NHMRC) recommends exclusive breastfeeding until around six months of age, and continued breastfeeding after the introduction of solid foods until the age of 12 months - and beyond if mum and baby wish.

ABCs of Breastfeeding

Feed on demand

When it comes to knowing how often to breastfeed, let your baby lead the way. Your little one will show you signs, which you'll soon learn to read when they're hungry and full.

Practice skin-to-skin

As well as giving you a precious moment to enjoy your special bond, it can help regulate your baby's body temperature, encourage their readiness to feed once awake, and increase your milk production.

Get the support you need

Don't be afraid to ask for help. There are many experts on breastfeeding that you can engage with to ensure you get the support you need to initiate and maintain breastfeeding.

Wake for regular feeds

Feeding frequently is important so your little one can get the calories, nutrients, and fluids they need for healthy growth. If your newborn has slept for four hours straight, gently wake them for a feeding.

Stop when your baby is full

You may find your baby breastfeeds for around 15-20 minutes per breast but this can vary. If your little one seems full after a quick feeding, don't pressure them to have more.

Why is breastfeeding recommended as the first choice?

- 1. Breast milk contains the perfect balance of nutrients.** During the first few days after giving birth, breast milk will be a thick yellowish, translucent fluid called colostrum. It is high in protein, vitamins, minerals, and antibodies that help to protect your baby from infections. After this, mature milk will come in, which provides all the essential nutrients in perfect balance to give your baby a nutritional jump start. Breast milk also contains Omega 3 (DHA), and other special ingredients such as probiotics and human milk oligosaccharides (HMOs), to support the good bacteria in the gut.
- 2. Protein is an important nutrient for your infant's growth.** And breast milk is the best source! The protein in breast milk is of high quality and its quantity perfectly adjusts to your baby's needs at each stage of development. In the first months of life, breast milk contains higher protein levels and is whey dominant (easily digested). This is because your infant needs to grow very fast but is only able to drink small amounts of breast milk. In the subsequent months, as growth begins to slow and your infant is able to drink more, protein levels decrease to again match your infant's needs.
- 3. Breast milk is easy for baby to digest.** The proteins in breast milk are predominately whey, which are easy to digest.
- 4. Breast milk contains antibodies which help support the immune system.** The antibodies in breast milk can help your baby fight off common childhood infections, such as cold and flu.

The Basics

- 5. Breast milk changes as your baby changes.** Not only does colostrum change to mature milk, which is full of easy-to-digest proteins for a growing baby, the breast milk will change within each feeding. At the start of a feed, more water is provided to quench their thirst. As the feed continues, the milk that follows has more of the protein and fat a baby needs for energy and weight gain.
- 6. Breastfeeding creates an intimate bond.** Breastfeeding soothes your baby with the smell and taste of mum; skin-to-skin contact enhances the emotional bond between mum and baby, and provides warmth, love and affection.
- 7. Breastfeeding helps you get in shape and stay healthy.** After giving birth, breastfeeding stimulates special hormones, which helps the uterus contract and return to pre-pregnancy size. More good news – producing breast milk burns off lots of kilojoules, which can help mum return to pre-pregnancy weight quicker.



Did you know? Breastfeeding requires approximately 2000 extra kilojoules each day

How often should I breastfeed?

Breastfeeding gives you and baby a special time to relax together. It's important to establish a routine that is comfortable for you.

In the first few weeks you may need to breastfeed your baby every 2-3 hours. So over a 24 hour period, your baby will feed 8-12 times in just one day. This may seem like you are breastfeeding all day, especially when you are still learning and each feed may take up to 60 minutes.

Don't despair. As your baby grows their stomach size will too, allowing them to take more milk each feed. They will also slowly extend out their requests to feed every 3 to 4 hours. Feed your baby as frequently and as long as they want to. As your baby grows the feeding frequency will decrease.

Common breastfeeding problems & potential remedies

Breastfeeding is definitely the most natural way of feeding your baby, but that doesn't mean it's always easy.

There are some common feeding problems you may encounter which can be challenging. The following tips may help, but don't hesitate to seek more expert care from your healthcare professional to get you through.

Blocked milk ducts and mastitis

If you develop a sore lump in your breast yet otherwise feel well, you most likely have a blocked milk duct. It is important to do the following to avoid mastitis (an infection in the milk duct):

- Your baby is the best at draining the affected breast so continue to feed them often and always offer the affected breast first.
- As you feed, very gently massage the lump towards the nipple.
- Before your next feed, try a hot shower and massage the breast under water to help break up the lump.
- If you haven't managed to clear the blockage within 12 hours, or you start to feel unwell, see your GP immediately.

Sore Nipples

The most common cause for sore nipples is poor attachment. If you are in pain:

- Try a new breastfeeding position.
- Avoid using soaps on your breasts when showering as this may be drying.
- Make sure you replace wet breast pads regularly to avoid nipple infections.

Breast refusal

Possible causes:

- **Not actually hungry.** Play with your baby for half an hour and wait for hunger signals and try feeding again.
- **Over stimulated.** Try sitting in a darkened quiet room and play some relaxing music.
- **Uncomfortable.** Give your baby a warm bath or rub their back to ease a tummy pain.

If you are still concerned about an ongoing breastfeeding issue, seek help from your healthcare professional.

Guidelines on storing breast milk

- Wash hands thoroughly with soap and water – hands must be thoroughly dried with a clean towel, single use towel or hand dryer.
- Refrigerate or freeze milk after expressing.
- Use fresh breast milk whenever possible.
- Freeze milk that will not be used within 2 days.
- Choose a sterilised container or use breast milk storage bags. Ensure they can be sealed well so milk doesn't leak and also allow some room for expansion when the milk freezes. Date the container at the time of collection and use the oldest milk first.
- The length of time that breast milk can be stored will vary depending on your storage method:
 - at room temp
 - in refrigerator
 - in freezer
- Fresh breast milk can be stored at room temperature for 6-8hrs, but if you refrigerate it you can extend the storage time to up to 3 days.
- If you are using thawed breast milk from the freezer, ensure that you don't re-freeze it and you also discard any milk left after that feed.

Follow the latest information on safe storage of expressed breast milk at Health Direct (see below)

Source: <https://www.healthdirect.gov.au/expressing-and-storing-breast-milk> (accessed 13.06.25)



Your Guide to Infant Formula

For babies under 12 months of age, an infant formula is the only suitable alternative if breast milk is not available. Infant formulas provide essential nutrients needed for your baby's growth and development.

What goes into infant formula?

The 'Ingredients' list and the 'Nutrition Information Panel' on infant formula tins can provide you with information about the infant formula you are using. All infant formulas in Australia must meet the compositional requirements set by Food Standards Australia New Zealand (FSANZ).

Most infant formulas are based on cow's milk, with nutrients added to meet the specific growth and development needs of a human baby. These nutrients include protein, carbohydrates and fats, as well as a wide range of vitamins and minerals.

In addition, there may be ingredients present that set one formula apart from another, such as Omega 3, probiotics, and oligosaccharides that are structurally identical to those found in breast milk. These additional ingredients may offer a nutritional benefit. For information on the benefits of particular nutrients, be sure to speak to a qualified healthcare professional.

Infant formulas for a range of age groups

1. Starter infant formula (also called Stage 1): From birth

Contains all the essential nutrients that a baby will need up until around 6 months of age, when solid foods are introduced.

2. Follow-on formula (also called Stage 2): From 6 months

Matches the nutritional requirements of older infants, who have started to receive other nutrition through solid foods.

Infant Formula

Safe preparation of infant formula is important for the health of your baby. These preparation steps are a general guide only and you should always follow the instructions on the label of the infant formula you are using. This also means only using the enclosed scoop, and referring to the label on how to prepare bottles and teats. Do not change the proportions of powder except on medical advice as incorrect preparation can make your baby very ill. Using more or less powder than indicated will either lead to dehydration or deprive your baby of proper nutrition.



1. Wash your hands carefully.



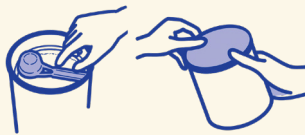
2. Thoroughly clean bottle, teat and cap until no milk residues remain. Steam sterilise as per manufacturer's instructions. Or, fully submerge under water and bring to vigorous boil, turn off heat and leave covered until needed.



3. Bring drinking water to a vigorous boil. Allow to cool.



4. Consult the feeding table. First, pour water into the bottle. Then, add powder using only the scoop provided. Level scoop using inner rim of can.



5. Make sure the scoop is dry and suspend scoop on inner rim of can. Close lid tightly after each use, and store in a cool dry place.



6. Cap the feeding bottle, and shake well until powder is fully dissolved. Check temperature before feeding the baby.

FEED IMMEDIATELY[^]

[^]It is safer to feed immediately after prepared



Infant Formula



A feeding table is just an average recommended guide. Follow the instructions carefully on how many scoops of powder should be added to water, as incorrect preparation can make your baby very ill. Always listen to your baby's hunger and fullness cues to avoid under- and over-feeding.

Example serving guide for Infant Formula

| QUALITY PER FEED | | | No. FEEDS PER DAY | |
|------------------|-------------------------------|--------------------------|-------------------|--------|
| AGE OF INFANT | PREVIOUSLY BOILED WATER (ML)* | LEVEL MEASURING SCOOPS** | FORMULA | OTHERS |
| Up to 2 weeks | 90 | 3 | 6 | - |
| 2 - 4 weeks | 120 | 4 | 5 | - |
| 1 - 2 months | 150 | 5 | 5 | - |
| 2 - 4 months | 180 | 6 | 5 | - |
| 4 - 6 months | 210 | 7 | 5 | - |
| 6 - 9 months | 210 | 7 | 4 - 3 | 1-2*** |
| Over 9 months | 210 | 7 | 3 | 2-3*** |

Please follow directions on the tin.

* To maintain the number of living cultures, the boiled water must be cooled down to about body temperature before adding the powder.

** **Note:** use only the enclosed scoop. Using more or less powder than indicated will either lead to dehydration or deprive your baby of proper nutrition. Do not change proportions without medical advice.

*** At this age, the infant's diet becomes more diversified (cereals, baby foods). If an earlier introduction of new foods is recommended by your health care professional, reduce formula intake as advised.

Infant formulas for a range of needs

Some babies have specific dietary needs. There are a number of formulas that are made with these needs in mind. These specialised formulas are not recommended for general use and should be used under medical supervision. Some examples are:

1. Formulas for lactose intolerance

For formula-fed babies that cannot digest lactose, the natural carbohydrate found in breast milk and most infant formulas.

2. Thickened/reflux formulas

For formula-fed babies with mild reflux or regurgitation.

3. Extensively hydrolysed[^] and amino acid-based[†] Infant formulas

For formula-fed babies with a soy or cow's milk protein allergy.

[^] In extensively hydrolysed formulas, cow's milk protein has been chopped up into smaller pieces.

[†] These formulas contain single amino acids, which are the building blocks of protein. These formulas may be used to feed babies who react to, or cannot digest, extensively hydrolysed protein.

Hospital-only products

4. Infant formula for premature babies and low-birth weight

5. Breast milk fortifier

Added to expressed breast milk to provide additional nutrition to premature or low birth-weight babies.

These specialised formulas are not recommended for general use and should be used under medical supervision.

Infant formulas have been formulated to support the nutritional needs for growth and development, and are the only suitable alternatives when breast milk is not available.

Any type of fresh milk (e.g. cow, soy, goat), or home-made baby formula is NOT recommended for babies under 12 months and can lead to serious nutritional problems and illness.

Always speak with your healthcare professional if you have questions on your baby's feeding needs.



Transitioning Between Formulas

What to consider when changing formulas? Whenever you change from one infant formula to another, it's important to keep an eye out for signs of intolerance. You should also give your baby some time to adapt to the new feed. This can be up to 2 weeks. Alternating between the old and new formula feeds may ease the transition.

Please bear in mind that reversing a decision not to breastfeed is difficult.



What to Expect

When transitioning your baby to a new feed you may notice a change in their bowel habits. This may be a change in smell, colour, frequency, texture or all of the above!

Breastfed baby

Bowel movements tend to be more frequent with breastfeeding compared to infant formula. The baby's stools will be soft, yellowish or slightly green.

Formula-fed baby

If you're feeding your baby formula, the stools will be firmer than a breastfed babies, and may vary in colour according to the nutrients in the formula.

Partially-hydrolysed formula stools are generally soft, paste-like, formed or unformed. The stools can range in colour from yellowish-mustard to green and are slightly pungent smelling and frequent.

Non-partially-hydrolysed (i.e. intact protein) formula stools are generally harder, thicker and bulkier, lighter yellow/green to brown, and slightly more pungent smelling, compared to breastfed babies.

Is my baby constipated?

A sudden change in feed can sometimes cause constipation. If your baby has infrequent bowel movements however, it doesn't necessarily mean that they are constipated. It can be normal for a baby to have several bowel movements one day and none the next. If your baby becomes red in the face and appears to strain, just remember lying down while passing stools can require some effort!

If your baby is experiencing bowel movements which are delayed and painful over a period of time, you should consult your healthcare professional.

In rare cases there could be an underlying cause for the constipation. If your baby experiences any severe side effects, such as vomiting or diarrhoea, you should consult your healthcare professional.

Helping your baby transition smoothly

Provided that your baby is healthy and happy, changes in your baby's bowel movements shouldn't necessarily be a cause for concern.

That said, you can help your baby better adapt to the new feed by introducing changes to feeding gradually. Substituting one feed with the new formula each day until all your baby's feeds are the new formula may ease the transition.

In some cases, you may find that your baby does not tolerate the new feed at all, and you may need to try a different formula.

If your baby experiences any severe side effects from changing the feed, such as vomiting or diarrhoea, you should seek the advice of your healthcare professional.

Starting with the new formula for the first feed of the day may minimise any initial resistance to the change.



Breast milk is best for babies

Learn more about your baby's nutrition with **Nestlé FamilyNes.**

Any questions?

Being a parent is no easy task.

If you still have questions about feeding your baby, speak to your healthcare professional, who will be able to help you make an informed decision.

Stay informed

For more information on infant nutrition, visit Nestlé FamilyNes at nestlefamilynes.com.au or contact our Careline nutrition experts on **1800 468 8736**



REGISTER
NOW

IMPORTANT NOTICE: Breast milk is best for babies and provides ideal nutrition. Good maternal nutrition is important for preparation and maintenance of breastfeeding. Introducing partial bottle feeding could negatively affect breastfeeding and reversing a decision not to breastfeed is difficult. Professional advice should be followed on infant feeding. Infant formula should be prepared and used exactly as directed or it could pose a health hazard. The preparation requirements and cost of providing infant formula until 12 months of age should be considered before making a decision to formula feed.

The information in this brochure is general in nature and is not intended for self-diagnostic or treatment purposes. Nestlé is not engaged in rendering medical advice or services. Consult a healthcare professional for advice about your baby's health and nutrition. Never disregard professional medical advice or delay in seeking it because of something you have read in this brochure.

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