



Helping Your Baby Adjust to a New Formula

You will need:

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

If your baby has a history of a sensitive stomach or is trying a new formula for the first time, it is best to make the switch gradually over a week. Follow the simple steps below for a more successful formula change.

Formula Mixing Tips:

- These directions are for a 6 ounce bottle and are intended for formulas that call for one scoop of formula for two ounces water. If **NEW** transitioning formula has different mixing instructions, discuss with your doctor or WIC nutritionist prior to transition.
- Use the scoop that comes in each formula can to measure exact amounts explained on the right to avoid making the formula too concentrated or diluted. Not mixing formula correctly can cause baby's stomach to hurt or other health problems.
- Pour the correct amount of water into a clean bottle. Next, add the exact amount of formula to the water in the bottle. Mix thoroughly by gently shaking or swirling the bottle.

Day 1 Mix:

- 2 scoops old formula
- 1 scoop new formula
- 6 ounces water

Day 2 Mix:

- 2 scoops old formula
- 1 scoop new formula
- 6 ounces water

Day 3 Mix:

- 2 scoops old formula
- 1 scoop new formula
- 6 ounces water

Day 4 Mix:

- 1 scoop old formula
- 2 scoops new formula
- 6 ounces water

Day 5 Mix:

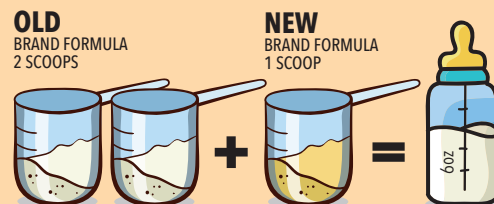
- 1 scoop old formula
- 2 scoops new formula
- 6 ounces water

Day 6 Mix:

- 1 scoop old formula
- 2 scoops new formula
- 6 ounces water

Day 7:

- 0 scoops old formula
- 3 scoops new formula
- 6 ounces water



TIP Your baby's dirty diaper may look or smell different when you change formulas. This is normal. If your baby has diarrhea or constipation, contact your doctor.



TIP If you have any concerns when introducing the new formula, contact the WIC nutritionist or your doctor.

