

## DVD Worksheet Key

### Formula Is Okay.

Formula is designed to meet the needs of your baby as best as possible. While it is not as good as breast milk, it is an okay substitute. Keep formula on hand at all times to ensure you have it when you need it.

1. True or False: If you don't have formula, you can substitute cow's milk or evaporated milk when feeding your newborn.

**False**

2. What do you do when you get new bottles, and how do you clean them after each use?

**Boil bottles and nipples for five minutes before first use. After that, wash normally.**

3. How long can formula be kept in the refrigerator?

**Forty-Eight hours**

4. True or False: Your baby can be fed formula at room temperature.

**True**

5. Why shouldn't you use a microwave to heat your baby's milk?

**It heats formula unevenly, which can burn your baby when he drinks it.**

6. Why shouldn't you prop a bottle up when your baby is feeding?

**It can cause choking.**

7. How often should you feed a newborn?

**Newborns can be fed when they let you know they are hungry.**

8. True or False: Babies must be awakened from sleep to keep a strict feeding schedule.

**False**

9. Do babies always have to burp after a feeding?

**Babies may not always burp.**

10. True or False: Spitting up will decrease as your baby grows.

**True**



Feeding time is great for getting to talk to and interact with your baby.

