

Bottlefeeding Your Baby During Coronavirus/Covid19

This is all new and changing quickly so we don't know a lot about babies and coronavirus. In general pregnant and postpartum women and young children don't seem to be a higher risk of severe disease. Newborns might be different though and there is some evidence that they are more likely to get seriously sick. Think about it – this baby just learned to breathe a couple of days ago so something that hits the lungs is going to be hard. Their noses are tiny so if they get clogged it may make feeding really difficult. The smartest thing to do is protect your precious new family member as best you can.



Protect your baby – Even if you and those around you are well, wash your hands often and always before feeding or preparing bottles. Stay home and avoid your visitors. Introduce your baby to friends and family by video chat instead.

Handle equipment with care - Keeping baby healthy is more important now than ever. Be very careful to wash and sanitize all feeding equipment properly. Wash your hands before and after preparing formula and bottles, feeding your baby or changing diapers.



Have Enough - Estimate approximately how much formula your baby needs for 2-4 weeks. Most babies under 6 months will use up to approximately: 900g of powdered formula per week or 1L of liquid concentrate or 6.3L of ready to feed for a 4 weeks supply.

Enough but not too much – There is currently no shortage of infant formula supply in Canada. However, some families report that local stores have less selection than usual. You can do your part in making sure all babies who need it have access to formula: If you don't currently use formula, don't stock up. If you use formula, do not buy more formula than you need for about 4 weeks. If you have a bit of extra formula on hand, share it with family, friends or neighbours who are in need.



Switch it up if you need to - Most babies can switch readily between brands and formulations: infant formula is tightly regulated and all products labelled as “infant formula” have the nutrients that babies need from 0-12 months. It is safe to use one brand this week and another the next. It is also safe to use powder, liquid concentrate and ready to feed interchangeably although Health Canada recommends avoiding powdered formula under 2 months of age. Be sure that you follow each packages directions carefully and don't interchange scoops between brands.

Bottlefeeding if you are sick – Limit the amount of time you are in close contact with your baby and if possible have a healthy caregiver look after your baby's needs. Wash your hands thoroughly especially before preparing formula or before feeding, maintain distance between your face and the baby's and wear a mask if available. A surgical mask is best but a cloth one is okay if you can not find one.

