# Formula feeding resources

| Question                                                                 | Answer |
|-------------------------------------------------------------------------|--------|
| Record ID                                                               |        |
| Who is scoring this?                                                    |        |
| What is the name of this resource?                                      |        |
| Who was the author or developer of this resource?                      |        |
| Which organisation developed this resource?                             |        |
| What type of resource is this?                                          |        |
| If 'other', what type of resource is this?                              |        |
| When was this resource developed or last updated?                       |        |
| Who is the audience of this resource?                                   |        |
| If other, who is the audience for this resource?                        |        |
| Was this resource found by web search or hand search?                  |        |
| Provide the URL(s) of the resource here.                                |        |
| Briefly describe the formula feeding content of the resource. |
|-------------------------------------------------------------|

| What is the formula feeding topics covered in this resource? |
|-------------------------------------------------------------|
| □ Composition of infant formula |
| □ Discussion of infant formula with health workers |
| □ Preparing infant formula - risks |
| □ Preparing infant formula - preparing from powder and transporting |
| □ Preparing infant formula - sterilising equipment |
| □ Using infant formula - teats and flow rate |
| □ Using infant formula - how to feed |
| □ Using infant formula - how much to feed |
| □ Using infant formula - using a feeding cup |
| □ Special infant formula |
| □ Fluoride in infant feeding |

| Provide any notes about this resource here. |
|---------------------------------------------|

| Upload the resource analysed here, if available. |
|-----------------------------------------------|

For resources with multiple parts (e.g. multiple webpages of a website), upload the resource analysed here.
Select a passage of text (where available) from this resource to analyse readability.

| What is the Flesch-Kincaid reading grade level of this passage, calculated from an online calculator? |
|--------------------------------------------------------------------------------------------------|
| ☐ 4th grade and below                                                                            |
| ☐ 5th grade                                                                                      |
| ☐ 6th grade                                                                                      |
| ☐ 7th grade                                                                                      |
| ☐ 8th grade                                                                                      |
| ☐ 9th grade and above                                                                            |

| What is the SMOG reading grade level of this passage, calculated from an online calculator?       |
|--------------------------------------------------------------------------------------------------|
| ☐ 4th grade and below                                                                            |
| ☐ 5th grade                                                                                      |
| ☐ 6th grade                                                                                      |
| ☐ 7th grade                                                                                      |
| ☐ 8th grade                                                                                      |
| ☐ 9th grade and above                                                                            |

| What is the Flesch-Kincaid reading grade level of this passage, calculated from Microsoft Office? |
|--------------------------------------------------------------------------------------------------|
| ☐ 4th grade and below                                                                            |
| ☐ 5th grade                                                                                      |
| ☐ 6th grade                                                                                      |
| ☐ 7th grade                                                                                      |
| ☐ 8th grade                                                                                      |
| ☐ 9th grade and above                                                                            |

Code the resource for the following content.

**Infant Feeding Guidelines: 8.1 Composition of infant formula**

Note: if 'addressed incorrectly', make a note why or where.

| +1, Addressed | 0, Not addressed | Not applicable/not the focus of the resource | -1, Addressed incorrectly |
|---------------|------------------|---------------------------------------------|---------------------------|
| 8.1 - 'follow on' formula for infants 6-12 months is not necessary OR 'infant formula suitable from birth' can be used from 0-12 months | ☐ | ☐ | ☐ |
| 8.1 - use a formula with lower protein level, as close as possible to human breast milk with 1-1.1g protein/100mL OR < 1.3g protein/100mL | ☐ | ☐ | ☐ | ☐ |
| 8.1 - the resource explains difference between 'infant formula' (suitable from birth) and 'follow on formula' (from 6-12 months) | ☐ | ☐ | ☐ | ☐ |

**CALCULATION:** sum of 8.1 'Composition of infant formula content'
**Infant feeding guidelines: 8.2 Health workers and infant formula**

**Note: if 'addressed incorrectly', make a note why or where.**

| +1, Addressed | 0, Not addressed | Not applicable/not the focus of the resource | -1, Addressed incorrectly |
|---------------|------------------|---------------------------------------------|---------------------------|
| 8.2 - a mother's informed decision not to breastfeed should be respected, education and support for formula feeding should be provided by health workers and other MDT members | ○ | ○ | ○ | ○ |
| 8.2 - explanation of hazards of improper infant formula preparation (formula not prepared according to formula tin instructions) | ○ | ○ | ○ | ○ |
| 8.2 - explanation of hazards of improper infant formula storage | ○ | ○ | ○ | ○ |
| 8.2 - suitable infant formulas should be used until 12 months of age | ○ | ○ | ○ | ○ |
| 8.2 - financial cost of formula feeding | ○ | ○ | ○ | ○ |

CALCULATION: sum of 8.2 'Health workers and infant formula' possible points.  

CALCULATION: completeness of 8.2 'Health workers and infant formula'.

CALCULATION: number of sections in 8.2 coded as 'addressed'.

CALCULATION: number of sections in 8.2 coded as 'not addressed'.

CALCULATION: number of sections in 8.2 coded as 'addressed incorrectly'.
**Infant feeding guidelines: 8.3 Preparing infant formula**

**Note:** if 'addressed incorrectly', make a note why or where.

| +1, Addressed | 0, Not addressed | Not applicable/not the focus of the resource | -1, Addressed incorrectly |
|---------------|-----------------|--------------------------------------------|---------------------------|
| 8.3.1 - risk of bacterial contamination | 0 | 0 | 0 | 0 |
| 8.3.2 - wash hands [before preparing infant formula] | 0 | 0 | 0 | 0 |
| 8.3.2 - prepare formula in clean area | 0 | 0 | 0 | 0 |
| 8.3.2 - wash equipment [before sterilising equipment] | 0 | 0 | 0 | 0 |
| 8.3.2 - sterilise equipment by boiling for 5 mins or using approved sterilising agent | 0 | 0 | 0 | 0 |
| 8.3.2 - boil water and cool until lukewarm, to safe temperature (at least 30 minutes) | 0 | 0 | 0 | 0 |
| 8.3.2 - follow instructions on tin for water/formula powder ratio | 0 | 0 | 0 | 0 |
| 8.3.2 - add water to bottle first, then powder | 0 | 0 | 0 | 0 |
| 8.3.2 - pour correct amount of cooled water to bottle | 0 | 0 | 0 | 0 |
| 8.3.2 - always measure formula powder using scoop in can | 0 | 0 | 0 | 0 |
| 8.3.2 - level off the scoop with levelling device or back of sterilised knife | 0 | 0 | 0 | 0 |
| 8.3.2 - lightly tap scoop to remove air bubbles | 0 | 0 | 0 | 0 |
| 8.3.2 - add correct number of scoops to bottle | 0 | 0 | 0 | 0 |
8.3.2 - keep scoop in can when not in use
8.3.2 - place teat and cap on bottle and shake until powder dissolves
8.3.2 - test formula temperature on wrist
8.3.2 - do not add cereal or any other foods to infant formula
8.3.2 - discard unused formula after feeding
8.3.2 - formula feeding should not take longer than 1hr
8.3.2 - discard formula kept at room temperature for >1hr
8.3.2 - store prepared formula that has not been kept at room temperature in fridge for up to 24hrs
8.3.2 - discard formula stored in fridge after 24hrs
8.3.2 - ideally, prepare one bottle of formula at a time, just before feeding
8.3.2 - do not use microwave to heat infant formula, due to risk of burns
8.3.2 - preparation of feeds in advance: prepare sterilised bottles of water as required, refrigerate as required, warm by standing in warm water, then adding formula
8.3.2 - preparation of feeds in advance: warm refrigerated infant formula by standing in warm water, before feeding infant
8.3.2 - transporting prepared feeds: cool infant formula to < 5C before transportation
8.3.2 - transporting prepared feeds: transport in cool bag with ice packs
8.3.2 - transporting prepared feeds: use feeds transported in a cool bag within 2hrs

8.3.2 - transporting prepared feeds: rewarm at destination

8.3.2 - transporting prepared feeds: if feed stored for < 2hrs until destination, it can be refrigerated for up to 24hrs from time of preparation

8.3.2 - transporting feeds: take separate sterilised bottles of cooled water at the correct formula and infant formula, to prepare formula at destination

8.3.3 - boiling: wash bottles, teats, caps with brush before sterilisation

8.3.3 - boiling: place bottles, teats, caps in large saucepan

8.3.3 - boiling: cover utensils in water

8.3.3 - boiling: eliminate air bubbles from bottle

8.3.3 - boiling: boil for 5 mins

8.3.3 - boiling: cool equipment in saucepan, then remove

8.3.3 - boiling: store equipment in clean container, in fridge

8.3.3 - boiling: boil all equipment within 24hrs of use OR use all equipment within 24hrs of sterilisation

8.3.3 - chemical sterilisation: follow manufacturer instructions to prepare solution

8.3.3 - chemical sterilisation: discard solution after 24hrs

8.3.3 - chemical sterilisation: only sterilise glass or plastic equipment, never metal

8.3.3 - chemical sterilisation: submerge equipment
### 8.3.3 - Chemical Sterilisation:

- Eliminate air bubbles from bottle
- Leave equipment in sterilising solution for recommended time
- Drain off equipment, do not rinse
- Steam sterilisation or microwave steam sterilisation: place cleaned equipment inside unit, add water according to manufacturer instructions
- Microwave steam sterilisation: only sterilise glass or plastic equipment, never metal

### Calculation:

- Sum of 8.3 'Preparing Infant Formula': 
- Sum of 8.3 'Preparing Infant Formula' possible points:
- Completeness of 8.3 'Preparing Infant Formula' possible points:
- Number of sections in 8.3 coded as 'addressed':
- Number of sections in 8.3 coded as 'not addressed':
- Number of sections in 8.3 coded as 'addressed incorrectly':

### Infant Feeding Guidelines: 8.4 Using Infant Formula

**Note:** If 'addressed incorrectly', make a note why or where.

| +1, Addressed | 0, Not addressed | Not applicable/not the focus of the resource | -1, Addressed incorrectly |
|---------------|------------------|-------------------------------------------|--------------------------|
| 8.4.1 - Milk should drip steadily from a teat, without pouring out in a stream | ○ | ○ | ○ | ○ |
8.4.1 - faster teat preferrable to slower teat (infant may sleep before adequately fullness)

8.4.1 - check and replace teats regularly, silicone and rubber teats may crack and harbour bacteria, or become ingested

3.3.1 - do not dip bottle teats in sugar, jam, honey or other sugary substances

Hold your baby close in a semi-upright position, with their head supported in a comfortable position so they can breathe and swallow comfortably.

8.4.2 - holding, cuddling and talking to infant during feeding for parent-infant contact. Look into your baby's eyes and talk to them when feeding.

Brush the teat against the baby's lips. When they open their mouth wide, allow them to draw the teat in.

Make sure there's no air in the bottle teat when feeding. To ensure the baby is taking in milk and not air, you should see bubbles in the bottle as your baby feeds. If you don't see bubbles, your baby may have created a vacuum in the teat and no milk will be flowing. Break the vacuum by moving the teat slightly to the side of your baby's mouth, or by pulling gently on the corner of your baby's mouth.

You should see bubbles rushing back up into the remaining milk.
Babies feed in bursts of sucking, with short pauses to rest. When they pause during feeding, gently remove the teat or bring the bottle downwards to cut off the flow of milk: this mimics the stop-start motion of breastfeeding. Allow them to have a short rest before they start to suck again.

Watch your baby for cues for when they need a break. This will be different from baby to baby. They may splay their fingers and toes, spill milk out of their mouths, stop sucking, turn their head away, or push the bottle away. They may also need to burp sometimes. (At least one cue signalling when infants need a break must be addressed.)

8.4.3 - bottle feed according to infant appetite and need. (Your baby may need to stop if they: splay their fingers and toes, spill milk out of their mouths, stop sucking, turn their head away, or push the bottle away.) Your baby will know how much milk they need. Do not force your baby to finish a feed or to drink more they want - this can be distressing, and you could overfeed your baby.

8.4.2 - do not leave infant to feed unattended with propped bottle

8.4.2 - do not put infant to sleep while drinking from bottle

8.4.2 - infant sleeping during bottle feeding OR prop feeding increases risk of choking, ear infections and dental caries
8.4.3 - healthy infant growth with >6 wet nappies daily, consistent weight gain and thriving active infant. (At least 2 of 3 factors must be addressed.)

8.4.3 - approximate formula requirements - 30-60mL/kg/day, increasing over next few days, from days 1-4

8.4.3 - approximate formula requirements - 150mL/kg/day, from day 5 to 3 months

8.4.3 - approximate formula requirements - 120mL/kg/day, from 3 to 6 months

8.4.3 - approximate formula requirements - 90-100mL/kg/day, from 6 to 12 months

8.4.3 - information on formula packages recommending certain amounts for various ages is a guide only and does not necessarily suit every infant

8.4.3 - constipation may occur after introduction of formula

8.4.4 - feeding cup may be used for bottle weaning for infants over 6 months of age

8.4.4 - sterilise feeding cups for up to 12 months of age

| Section Description                                                                 | Addressed | Addressed Incorrectly | Not Addressed | Addressed | Addressed Incorrectly | Not Addressed |
|-------------------------------------------------------------------------------------|-----------|-----------------------|--------------|-----------|-----------------------|--------------|
| 8.4.3 - healthy infant growth                                                       | 0         | 0                     | 0            | 0         | 0                     | 0            |
| 8.4.3 - approximate formula requirements - 30-60mL/kg/day, increasing over next      | 0         | 0                     | 0            | 0         | 0                     | 0            |
|   few days, from days 1-4                                                           |           |                       |              |           |                       |              |
| 8.4.3 - approximate formula requirements - 150mL/kg/day, from day 5 to 3 months      | 0         | 0                     | 0            | 0         | 0                     | 0            |
| 8.4.3 - approximate formula requirements - 120mL/kg/day, from 3 to 6 months          | 0         | 0                     | 0            | 0         | 0                     | 0            |
| 8.4.3 - approximate formula requirements - 90-100mL/kg/day, from 6 to 12 months      | 0         | 0                     | 0            | 0         | 0                     | 0            |
| 8.4.3 - information on formula packages recommending certain amounts for various   | 0         | 0                     | 0            | 0         | 0                     | 0            |
|   ages is a guide only and does not necessarily suit every infant                   |           |                       |              |           |                       |              |
| 8.4.3 - constipation may occur after introduction of formula                         | 0         | 0                     | 0            | 0         | 0                     | 0            |
| 8.4.4 - feeding cup may be used for bottle weaning for infants over 6 months of age  | 0         | 0                     | 0            | 0         | 0                     | 0            |
| 8.4.4 - sterilise feeding cups for up to 12 months of age                            | 0         | 0                     | 0            | 0         | 0                     | 0            |

CALCULATION: sum of 8.4 'Using infant formula'

CALCULATION: sum of 8.4 'Using infant formula' possible points.

CALCULATION: completeness of 8.4 'Using infant formula' possible points.

CALCULATION: number of sections in 8.4 coded as 'addressed'.

CALCULATION: number of sections in 8.4 coded as 'not addressed'.

CALCULATION: number of sections in 8.4 coded as 'addressed incorrectly'.

08/04/2021 10:40 projectredcap.org
### Infant Feeding Guidelines: 8.5 Special infant formulas

**Note:** if 'addressed incorrectly', make a note why or where.

| Section                                                                 | +1, Addressed | 0, Not addressed | Not applicable/not the focus of the resource | -1, Addressed incorrectly |
|------------------------------------------------------------------------|----------------|------------------|---------------------------------------------|--------------------------|
| 8.5 - use cow's milk-based formulas until 12 months of age              |                |                  |                                             |                          |
| 8.5 - special formula should be used for medical conditions, on the advice of a paediatrician |                |                  |                                             |                          |
| 8.5 - special formulas may be used under medical supervision for infants who cannot take cow's milk-based products for other cultural or religious reasons |                |                  |                                             |                          |
| 8.5.1 - hydrolysed formula: does not prevent development of allergic disease, asthma, eczema or allergic rhinitis |                |                  |                                             |                          |
| 8.5.1 - hydrolysed formula: extensively hydrolysed infant formula for use for infants with proven's cow's milk allergy or cow's milk protein intolerance |                |                  |                                             |                          |
| 8.5.1 - soy formula: not for use with preterm infants                   |                |                  |                                             |                          |
| 8.5.1 - soy formula: does not prevent development of allergic disease   |                |                  |                                             |                          |
| 8.5.1 - goat's milk formula: does not prevent development of allergic disease |                |                  |                                             |                          |
| 8.5.1 - prebiotics/probiotics in formula: insufficient evidence to recommend its use |                |                  |                                             |                          |

**CALCULATION:** sum of 8.5 'Special infant formulas'

**CALCULATION:** sum of 8.5 'Special infant formulas' possible points.

**CALCULATION:** completeness of 8.5 'Special infant formulas' possible points.

**CALCULATION:** number of sections in 8.5 coded as 'addressed'.

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08/04/2021 10:40

[projectredcap.org]
### Infant Feeding Guidelines: 8.6 Fluoride in infant feeding

**Note: if 'addressed incorrectly', make a note why or where.**

| Section                                                                 | +1, Addressed | 0, Not addressed | Not applicable/not the focus of the resource | -1, Addressed incorrectly |
|-------------------------------------------------------------------------|----------------|-----------------|---------------------------------------------|---------------------------|
| 8.6 - fluoride supplement not recommended                               | ☐              | ☐               | ☐                                           | ☐                         |
| 8.6 - for infants 6-24 months living in areas with unfluoridated water supply, seek advice from dentist | ☐              | ☐               | ☐                                           | ☐                         |

**CALCULATION: sum of 8.6 'Fluoride in infant feeding'**

**CALCULATION: sum of 8.6 'Fluoride in infant feeding' possible points.**

**CALCULATION: completeness of 8.6 'Fluoride in infant feeding' possible points.**

**OVERALL calculated sum of all points:**

**OVERALL calculated sum of all possible points:**

Completeness of resource (%):  

Upload a coded copy of your resource here.

For resources with multiple parts (e.g. multiple webpages of a website), upload the coded copy of your resource here.
For resources with multiple parts (e.g. multiple webpages of a website), upload the coded copy of your resource here.