



Baby Formula 101

Presented by Help Me Grow at Action for Children



Formula is a perfectly viable option for feeding.

While breastmilk is the preferred option for babies, giving your baby formula does NOT make you a bad parent! Whether used exclusively or as a supplement, formula saves lives and is a perfectly viable option.



Talk to your child's pediatrician about your child's specific nutritional needs!

Every baby is different, and their nutritional needs can vary! Talk to your child's pediatrician to identify any specific dietary needs or allergies your baby may have and make sure they're receiving the right formula that supports their growth and development.



The American Academy of Pediatrics and the FDA warn against using homemade infant formula.

Commercial infant formulas are rigorously tested to meet strict nutritional and safety standards, making sure your baby receives the essential nutrients they need. Homemade formulas, can actually pose serious health risks, including nutrient deficiencies and contamination.



Double-check for safety

Always verify that the formula you choose is specifically labeled for infants, within its expiration date, and properly sealed before use. This helps prevent potential health risks for your baby from using compromised or expired products.