



BIRTH

Expectant mothers should aim to eat a balanced diet, but the following foods can help provide nutrition during pregnancy:

- ✓ Mother and father's height and weight.
- ✓ Age of mother – teenage and mothers over 35 may have babies of lower birth weight.
- ✓ First babies tend to have lower birth weight than those that come after.
- ✓ Twins tend to be smaller than singular babies.
- ✓ Being born prematurely.
- ✓ Overweight women tend to give birth to larger than average babies.
- ✓ Poor diet, smoking and drinking during pregnancy can all result in lower birth weight.
- ✓ Boys are usually slightly heavier than girls.
- ✓ Medical issues during pregnancy like anaemia and high blood pressure can result in lower birth weight.
- ✓ Mothers with diabetes may have babies who are larger than average.

In the first week of life, new-borns are likely to lose weight, with formula fed babies losing around 5% and breast-fed babies 7-10%. Most will make good this loss during the second week.

Orange Dairy recognises that breastmilk provides balanced nutrition and protection, making it the best food for babies. But when families and healthcare providers decide that it is not possible to breastfeed, infant formula plays an important role in providing essential nutrients and is the only breastmilk substitute recognised by the World Health Organization.

NUTRITION

Isilac recognises World Health Organisation recommendations and encourages mothers to breastfeed for the first 6 months of life, but also realises that when breastfeeding isn't possible, for babies under one year, the only alternative is infant formula.

Infant formulas are based on cows' milk and have been developed, as far as possible, to mimic the content and benefits of breastmilk. Most formula milks will contain carbohydrates in the form of the milk sugar 'lactose', iron, protein, minerals such as calcium and zinc, and vitamins A, C, D, E and the B variants.

The nutrients that are needed by babies include:

- ✓ **CALCIUM** to help build strong bones and teeth.
- ✓ **FAT** to create energy, help the brain develop, keep skin and hair healthy and protect against infection.
- ✓ **FOLATE** to help cells divide.
- ✓ **IRON** to build blood cells and help the brain develop. Breast-fed babies should receive iron supplements.
- ✓ **PROTEIN & CARBOHYDRATES** to provide energy and fuel growth.
- ✓ **ZINC** to help grow and repair themselves.
- ✓ **VITAMINS** such as:

VITAMIN A to keep skin, hair, vision and the immune system healthy.

VITAMIN B1 (thiamine) to help the body turn food into energy.

VITAMIN B2 (riboflavin) to help the body turn food into energy and protect cells from damage.

VITAMIN B3 (niacin) to help the body turn food into energy and use fats and protein.

VITAMIN B6 to help keep the brain and immune system healthy.

VITAMIN B12 to keep the nerve and blood cells healthy and make DNA.

VITAMIN C to protect against infections, build bones and muscle and help wounds heal.

VITAMIN D to help the body absorb calcium and keep bones and teeth healthy. - Breast-fed babies may need a vitamin D supplement.

VITAMIN E to protect cells from damage and strengthen the immune system.

VITAMIN K to help the blood to clot.

BREASTFEEDING

It is recognised that breastmilk gives babies the best start in life as it contains pretty much everything that the new-born needs – in all the right proportions. Its composition even changes according to baby's changing needs, especially during the first month of life – and even from the beginning to the end of an individual feed.

During the first days after birth, mothers produce a thick yellowish fluid called colostrum. It is high in protein, low in sugar and packed with antibodies that help baby fight off viruses and bacteria. Colostrum is the ideal first milk and helps the new-born's immature digestive tract develop. After the first few days, mothers start producing larger amounts of milk as the baby's stomach grows and its needs change.

BENEFITS TO BABY

Breastfeeding may reduce baby's risk for many illnesses including respiratory tract and middle ear infections, colds, gut infections, sudden infant death syndrome, allergic conditions like asthma, dermatitis and eczema, bowel diseases, diabetes and childhood leukemia. It is also thought to help prevent childhood obesity and may even be beneficial for brain development.

BENEFITS TO MOTHER

Women who breastfeed have a lower risk for high blood pressure, arthritis, high blood fats, heart disease and type 2 diabetes. It is also thought to be linked to a lower risk of ovarian and breast cancer and helps avoid postpartum depression.

Continued breastfeeding helps the uterus return to its normal size and may pause ovulation and menstruation. This may be nature's way of ensuring some time between pregnancies. Breastfeeding may also help mothers lose weight after pregnancy, but this is not guaranteed. Some women gain weight while others lose weight effortlessly.

FORMULA FEEDING

Infant formula is usually made from cow's milk that has been treated to make it suitable for babies. Some infant formulas like Isilac have been developed to more nearly mimic breastmilk with revised proportions of constituents like prebiotics, probiotics and long-chain polyunsaturated fatty acids. Most formula milks will contain carbohydrates in the form of the milk sugar 'lactose', iron, protein, minerals such as calcium and zinc, and vitamins A, C, D, E and the B variants.

As babies grow, what they need from their formula milk changes. Consequently, formula milks are usually designed to suit the needs of babies who are:

From birth to 6 months

From 6-12 months

From 1 year

There are also other special formulas for babies who have particular requirements due to problems like colic or lactose intolerance.

PREPARING A FEED

Instructions will vary between one formula and another, but the following points are a good guide:

- 1 Fill the kettle with at least 1 litre of fresh tap water. Do not use water that has been boiled before.
- 2 Boil the water. Then leave the water to cool for no more than 30 minutes, so that it remains at a temperature of at least 70°C.
- 3 Clean and disinfect the surface you are going to use.
- 4 It is important that you wash your hands.
- 5 If you are using a cold-water steriliser, shake off any excess solution from the bottle and the teat, or rinse them with cooled boiled water from the kettle – not tap water.
- 6 Stand the bottle on the cleaned, disinfected surface.
- 7 Follow the manufacturer's instructions and pour the amount of water you need into the bottle. Double check that the water level is correct. Always put the water in the bottle first, while it is still hot, before adding the powdered formula.
- 8 Loosely fill the scoop with formula powder, according to the manufacturer's instructions, then level it either using the flat edge of a clean dry knife or the leveller provided.
- 9 Holding the edge of the teat, put it into the retaining ring, check it is secure, then screw the ring onto the bottle.
- 10 Cover the teat with the cap and shake the bottle until the powder is dissolved.
- 11 It is important to cool the formula, so it is not too hot to drink. Do this by holding the bottle (with the lid on) under cold running water.
- 12 Test the temperature of the formula on the inside of your wrist before giving it to baby. It should be body temperature which means it should feel warm or cool but not hot.
- 13 If there is any made-up feed left in the bottle after a feed, throw it away.

FORMULA FEEDING continued...

DOS & DON'TS OF MAKING UP FORMULA FEEDS

- ✔ It is important to follow the manufacturer's instructions carefully, as they vary as to how much water and powder to use.
- ✔ Do not add extra formula powder when making up a feed. This can make baby constipated or dehydrated. Too little powder may not give baby enough nourishment.
- ✔ Do not add sugar or cereals to baby's formula.
- ✔ Never warm up formula in a microwave, as it may heat the feed unevenly and burn baby's mouth.

STERILISATION

It is important to sterilise babies' feeding equipment, including bottles and teats until they are at least one year old. This will help protect baby against infections.

Before sterilising it is necessary to:

- ✔ Clean bottles, teats and other feeding equipment in hot, soapy water as soon as possible after feeds.
- ✔ Use a clean bottle brush to clean bottles (only use this brush for cleaning bottles) and a small teat brush to clean the inside of teats. You can also turn teats inside out and wash them in hot soapy water.
- ✔ Do not use salt to clean teats as this can be dangerous to baby.
- ✔ If preferred, baby's feeding equipment can be put in the dishwasher to clean it. Putting equipment through the dishwasher will clean it but does not sterilise it. Make sure bottles, lids and teats are facing downwards. You may prefer to wash teats separately by hand to make sure they are completely clean.
- ✔ Rinse all equipment in clean, cold running water before sterilising.

FORMULA FEEDING continued...

There are several ways to sterilise baby's feeding equipment:

COLD WATER STERILISING

- ✓ Follow the manufacturer's instructions.
- ✓ Leave feeding equipment in the sterilising solution for at least 30 minutes.
- ✓ Change the sterilising solution every 24 hours.
- ✓ Make sure there are no air bubbles trapped in the bottles or teats when putting them in the sterilising solution.
- ✓ The steriliser should have a floating cover or a plunger to keep all the equipment under the solution.

STEAM STERILISING (ELECTRIC OR MICROWAVE)

- ✓ It is important to follow the manufacturer's instructions as there are several types of steriliser.
- ✓ Make sure the openings of the bottles and teats are facing downwards in the steriliser.
- ✓ Manufacturers will give guidelines on how long you can leave equipment in the steriliser before it needs sterilising again.

STERILISING BY BOILING

- ✓ Make sure the items you want to sterilise are safe to boil.
- ✓ Boil the feeding equipment in a large pan of water for at least 10 minutes, making sure it all stays under the surface.
- ✓ Set a timer so you do not forget to turn the heat off.
- ✓ Be aware that teats tend to get damaged faster with this method.
Regularly check that teats and bottles are not torn, cracked or damaged.

After you've finished sterilising, it is best to leave bottles and teats in the steriliser or pan until they are needed. If they are taken out, put the teats and lids on the bottles straight away. It is important to wash and dry hands before handling sterilised equipment and better still, use sterilised tongs. Bottles should be assembled on a clean disinfected surface or the upturned lid of the steriliser.

COMBINATION FEEDING

There are a number of reasons why mothers may want to combine breastfeeding with bottle feeding:

- ✓ Mothers may be breastfeeding and want to use a bottle to offer baby some expressed breast milk
- ✓ Mothers may want to breastfeed for some of baby's feeds but give bottles of formula for 1 or more feeds
- ✓ Mothers are bottle feeding baby and want to start breastfeeding
- ✓ Mothers who need to leave baby and to make sure baby has milk while they are away

Introducing formula feeds can affect the amount of breast milk mothers produce and babies may not breastfeed well because the sucking action is different at the bottle than it is at the breast. Breastmilk supply will not usually be affected if bottle feeding is started when baby is a little older and mothers are breastfeeding every day.

INTRODUCING FORMULA FEEDS

If mothers are combining breastfeeding with formula feeds:

- ✓ It is best to do it gradually in order to give the body time to reduce the amount of milk it makes. This should reduce the chance of getting uncomfortable swollen breasts or mastitis
- ✓ If mothers are going back to work, it is wise to start a few weeks beforehand so both mother and baby have time to readjust

GIVING BABY THEIR FIRST BOTTLE

- ✓ It usually helps to give babies their first bottle when they are happy and relaxed – not when they are very hungry.
- ✓ It may help if someone else gives the first bottle feeds, so baby is away from mother and not smelling her breast milk.
- ✓ It may be helpful to use a different position for bottle and breastfeeding.

RESTARTING BREASTFEEDING

It is a good idea to ask the midwife or health visitor for support, but the following may help:

- ✓ Mothers should hold and cuddle baby as much as possible – ideally skin to skin. This will encourage mother's body to make milk and baby to feed.
- ✓ Express breast milk regularly – around 8 times a day including once at night is ideal. This releases the hormone prolactin which stimulates breasts to make milk.
- ✓ Mothers should try bottle feeding while holding baby skin to skin – and near to the breasts.
- ✓ If baby is latching on, feed little and often. Don't worry if baby does not feed for long to begin with.
- ✓ Choose times when baby is relaxed, alert and not too hungry.
- ✓ Number of bottles should be reduced gradually as breastmilk supply increases.

THE ISILAC RANGE

Optimal growth, Development & Protection.

Research has shown that there are differences in the way the constituents in infant formulas are absorbed, which may have a bearing on growth and development. Isilac milks are advanced formulas that have been developed to mimic breastmilk as closely as possible and to meet the needs of infants from birth onwards.

Products in the Isilac range benefit from:

- ✓ The highest standards of manufacturing procedures and quality (GMP, HACCP).
- ✓ Optimal digestion and metabolism.
- ✓ Optimal GI tolerability.
- ✓ Optimal growth and healthy weight gain.
- ✓ Optimal psychomotor, visual and mental development.
- ✓ Optimal bone mineralisation and strength of bone.
- ✓ Protection from micronutrient deficiency e.g. IDD, IDA, etc.
- ✓ Optimal immune response and protection with key ingredients HMO and GOS & Nucleotides.

400g



ISILAC 1

Infant formula for babies 0-6 months providing high protein for optimal growth.

400g



ISILAC 2

Follow-on formula for babies 6-12 months, designed to encourage the growth of beneficial bacteria while meeting the needs of a growing baby for increased calories, calcium, iron and protein.

400g



ISILAC 3

Growing-up milk for infants from 1 year, providing balanced calories and nutrients.

70ml



ISILAC RTF

Starter formula for babies 0-6 months is also available as a ready-to-feed preparation.

