

Baby Bottles



RISKS OF INFANT FORMULA

Most baby bottles are made from a chemical which makes hard plastic called polycarbonate Bisphenol A (BPA.) It is also referred to as the #7 recycling symbol with the letters PC often found under the bottle. According to Health Canada, there is a chance that this chemical is released when boiling water is poured into the baby bottles.

If using bottles made with polycarbonate:

- Boiling water should be cooled to room temperature before it is poured into the bottles.
- Bottles that are cracked and scratched should be thrown out.

Switch to:

- Bottles numbered 2, 4 or 5 or labeled as Bisphenol A or BPA free.
- Glass baby bottles. However, these are not recommended for use if child is holding their own bottle and the bottle may be dropped or thrown.

Note: Baby bottles should never be heated in the microwave. The liquid may heat unevenly and can cause burns to your child.

For more info: visit our website at TBDHU.COM under "home environment."

If you have questions about breastfeeding, contact these community resources.

Thunder Bay District Health Unit	625-5972
Health Unit Breastfeeding Clinic	625-5916
Maternity Centre Support Services	684-6228
La Leche League	346-8477
Breastfeeding Connection – call your local Health Unit	
24 hour referral line	211
or Toll free	1-877-586-5638



Formula can change the lining in your baby's stomach and does not provide any immune protection for your baby

March 2011



A GUIDE TO THE HEALTH RISKS AND COST

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Most people know “breastmilk is best.” They may not know that there can be risks associated with using a breastmilk substitute like *formula*.

Each mother and family makes an important decision about how to feed their baby. Health Canada recommends babies receive only breastmilk for the first 6 months and continue to breastfeed for up to 2 years or more while eating nutritious solid foods.

Formula feedings are sometimes used for medical or personal reasons. A mother’s own milk is best if a baby needs extra feedings. When breastmilk is not available, an appropriate breastmilk substitute (formula) is used. Cow and goat milk are not suitable for babies less than 9-12 months old.

Barriers to breastfeeding:

- Not knowing how to breastfeed or what to do if problems occur.
- Personal experiences & feelings.
- Lack of support by health care workers, workplace, family or partner.
- Practices like scheduled or restricted feedings, routine supplementation and the use of bottles and pacifiers.
- Formula company advertising.
- Cultural norms and decades of public bottle feeding.

Babies who are fed infant formula are at a higher risk for:

- lung infections
- middle ear infections (otitis media)
- becoming overweight
- diabetes
- diarrhea
- infection from contaminated formula
- chronic illness
- reduced cognitive development
- effects of environmental contaminants
- allergies
- asthma
- heart disease
- higher risk of SIDS
- childhood cancers

(Risks of Formula Feeding, Infact Canada, November 2002, revised July 2006)

Mothers who do not breastfeed are at a higher risk for:

- overweight
- osteoporosis
- reduced child spacing
- some types of cancer

If you need information about how to safely prepare, store and feed infant formula, contact your health care provider.



The Cost of Formula Feeding a Baby for the First 6 Months*

Infant Formula

Types of Commercial Infant Formula**	Commercial Infant Formula Cost for 6 months
Powdered	\$ 669.60
Liquid Concentrate	\$ 726.79

* Formula Costs were collected in June 2007 in the City of Thunder Bay by the Thunder Bay District Health Unit.

** Iron-Fortified Cows’ Milk Formula

Formula is expensive

The cost of feeding a baby powdered formula for one year in Thunder Bay is \$1339.20.

This does not include the cost of bottles, nipples and cleaning items needed for feeding infant formula.

What could you buy with the money you save?

- ✓ High Chair
- ✓ Car Seat
- ✓ Crib
- ✓ Baby swing
- ✓ Changing Table
- ✓ Stroller
- ✓ Babysitting Services
- ✓ Exersaucer
- ✓ Groceries