

How to

Feed Your Baby Fresh Cow Milk



How much will I need?

Table 1
Amount of cow milk, water and sugar needed each feed
As a general rule, you need two parts cow milk to one part water.
This means twice as much cow milk is needed as water.

Baby's age (months)	Cow milk needed	Water needed	Sugar needed
Birth to 1 month	40 ml	20 ml	1 level teaspoon
1 to 2 months	60 ml	30 ml	1 rounded teaspoon
3 to 4 months	80 ml	40 ml	2 level teaspoons
5 to 6 months	100 ml	50 ml	2 rounded teaspoons

- * As babies grow older, they need more of the modified cow milk. Table 2 below shows you how many times a day your baby should be fed during the first 6 months, how much your baby will need for each feed, and the total amount of milk needed each day. Some babies may eat more frequently than others, and some babies may eat less frequently, so this is just a guideline.

Table 2
Amount of modified cow milk needed each day

Baby's age (months)	Feedings each day	Milk each feeding	Total milk each day
Birth to 1 month	8	60 ml	480 ml
1 to 2 months	7	90 ml	630 ml
2 to 4 months	6	120 ml	720 ml
4 to 6 months	6	150 ml	900 ml

- * When your baby turns 6 months old, do not dilute the cow milk with water or add sugar. At 6 months, your baby needs to begin eating other clean and nutritious foods in order to grow strong and stay healthy. Ask a trained counselor for advice.

Things to remember

- * The instructions for mixing fresh cow milk need to be followed exactly. Adding too much or too little water and sugar can be dangerous for your baby's health. Your baby also needs micronutrients or multi-vitamin syrup to stay healthy.
- * Women who are HIV-positive should not breast-feed their babies once they have started to give either cow milk or infant formula. This greatly increases the chances of passing HIV to the baby.
- * Your baby will need only modified cow milk during the first 6 months of life, without any additional foods, liquids, or water. At 6 months, you should begin to feed clean and nutritious complementary foods while continuing to give your baby undiluted cow milk.
- * If you have any questions about feeding your baby, ask a trained counselor for help. Watch for signs of diarrhea, fever, difficulty breathing, or refusal to feed because these need prompt attention and may require treatment.
- * Women who do not breastfeed may get pregnant much sooner than women who do breastfeed. Consult a family planning counselor as soon as possible after giving birth. To maintain your health status, practice safe sex by using condoms.



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What do I need to know?



- * To feed your baby fresh cow milk as safely as possible, you will need to make sure that you always have a safe and reliable source of cow milk that has not been diluted with water.
- * Until your baby is 6 months old, you will need to carefully measure and add boiled water and sugar to the fresh cow milk before giving it to your baby. Table 1 tells you how much water and sugar to add.
- * Since cow milk is lacking in many important nutrients needed for a baby under 6 months of age, ask your health care provider which micronutrients or multi-vitamin syrup your baby needs to replace these nutrients.
- * It is best to only prepare enough fresh cow milk for one feeding at a time. Do not use a thermos to keep cow milk as it spoils quickly. (Use a thermos ONLY for water.)
- * Make sure that you always have clean water to mix with the fresh cow milk. If you can, prepare the water that you will need for the whole day. Bring the water to a rolling boil for at least 2 minutes and then pour into a thermos or clean covered container.



Steps to prepare modified cow milk



- * Always wash the feeding cups, measuring cups, spoons and other utensils that you use to prepare and feed cow milk to your baby. It is best to wash them with clean water and soap.
- * It is always best to boil the utensils to make sure that they are clean.
- * Always wash your hands with clean running water and soap before preparing the modified cow milk and feeding it to your baby.
- * Organize all of the utensils you will need.
- * Measure both the fresh cow milk and the boiled water using a special cup or container that you have marked to show how much milk and water to use.

Preparing and feeding milk



- * Measure the sugar using a special spoon that you have identified. Add the sugar to the milk and water mixture. The number of spoons of sugar that you need depends on the size of the spoon and the age of the child.
- * Put the milk, boiled water and sugar together in a clean pot. Bring this mixture to a boil and then remove it immediately from the heat. Keep it covered while it cools.
- * Your child will need additional micronutrients. Consult a trained counselor about giving your baby micronutrients or multi-vitamin syrup.
- * Always feed the baby using a clean open cup. Even a newborn baby learns quickly how to drink from a cup. Avoid using bottles and nipples. They are difficult to clean and can cause your baby to become sick.
- * If the baby does not drink all of the cow milk during a feeding, use it in a cooked meal. Giving a baby left-over milk can cause the baby to become sick.