

A guide on how to transition to a new formula

There are different reasons why parents may choose to or need to change their baby's formula milk and this needs to be managed well.

- The baby may notice a difference in taste depending on the type of formula and this may impact how they accept the new formula.
- Parents may also notice a difference in the consistency or colour of their baby's stool, or even how often they pass wind, these changes tend to be minimal and only last for a short period.

A slow transition may help the baby get used to the new formula and help parents monitor and adapt to any new symptoms they may notice. It may take up to 1-2 weeks for a baby to adjust to a new formula.

Parenting tips on how to transition



Slow Transitioning Chart*



Current Formula



New Formula

	1 st Feed	2 nd Feed	3 rd Feed	4 th Feed	5 th Feed
Day 1-2					
Day 3-4					
Day 5-6					
Day 7-8					
Day 9-10					

Starting with the morning feed, substitute the current formula with the new formula.

Over the following days, slowly introduce the new formula until all feeds have been substituted, changing any night-time feeds last.

The transition can take up to two weeks.

This is only to be used as a guide and some babies may transition at a different pace. If you have any concerns please speak to your healthcare professional. *Based on a 2 month old infant requiring 5 feeds a day.

A slow transition to a new formula may not be appropriate in all cases, for example, with allergy and healthcare professionals should advise accordingly.

IMPORTANT NOTICE: The World Health Organisation (WHO) has recommended that pregnant women and new mothers be informed on the benefits and superiority of breastfeeding – in particular the fact that it provides the best nutrition and protection from illness for babies. Mothers should be given guidance on the preparation for, and maintenance of, lactation, with special emphasis on the importance of a well-balanced diet both during pregnancy and after delivery. Unnecessary introduction of partial bottle-feeding or other foods and drinks should be discouraged since it will have a negative effect on breastfeeding. Similarly, mothers should be warned of the difficulty of reversing a decision not to breastfeed. Before advising a mother to use an infant formula, she should be advised of the social and financial implications of her decision: for example, if a baby is exclusively bottle-fed, more than one can (400 g) per week will be needed, so the family circumstances and costs should be kept in mind. Mothers should be reminded that breast milk is not only the best, but also the most economical food for babies. If a decision to use an infant formula is taken, it is important to give instructions on correct preparation methods, emphasising that unboiled water, unsterilised bottles or incorrect dilution can all lead to illness.