

# 6 Do's & Don'ts of Baby Formula

## 1 DO NOT HOARD FORMULA

Moms everywhere are looking for formula and hoarding will only make the situation worse. Be a good neighbor and share, or pick some up for a friend.

## 2 DO NOT MAKE YOUR OWN

There are a lot of recipes floating around on the web and social media right now, some of these may lack key ingredients vital to your baby's health.

## 3 DO NOT WATER DOWN

You should never water down your infant's formula. They need the correct measurements for the proper nutrition

## 4 DO NOT SUBSTITUTE

Your child should not have cow's milk or goat's milk before the age of 1. These do not meet their nutritional needs.

## 5 ARE YOU OUT OF FORMULA

If you are out of formula and cannot find any at the stores, please reach out to your healthcare provider. They may have resources for you that can help you.

## 6 LISTEN TO YOUR DOCTOR

Before taking advice from someone on social media make sure you call your healthcare provider. Your baby's health is too important.

