

### 1. Why is my formula choice important?

During the first year, your baby will grow and develop faster than at any other time of life. What you feed your baby during the first year supports that development, including bone development. In fact, from your baby's very first day, she'll need to receive the proper amounts of nutrients such as calcium and vitamin D. Formulas containing palm olein oil have been shown to reduce the absorption of calcium. Infants fed Similac® without palm olein oil have excellent calcium absorption and bone development.

### 2. My baby spits up after feeding. Should I be worried?

That depends on how much and how often. Many babies spit up a small amount after they've been fed. If you are concerned, talk with your doctor about trying Similac® For Spit-Up NON-GMO.\* It's been clinically shown to reduce the frequency of spit-up by 54%.<sup>1,†</sup> If your baby repeatedly spits up or vomits most of a feeding, or if you notice blood in the spit-up or vomit, call your baby's doctor immediately.

### 3. What should my baby's stool be like?

Ideally, your baby's stool should be soft. The stools of breastfed babies are usually yellow, soft/loose, and sometimes seedy. Interestingly, it's been shown that prebiotics help soften stools to be more like breastfed infants. For more information, visit [DiaperDecoder.com](http://DiaperDecoder.com)

### 4. Is it okay to switch my baby from one formula to another?

If you are talking about switching brands of formula, you should know that not all formulas are the same and switching between them may be difficult for your baby to tolerate. Within a brand, however, a variety of infant formulas are available and switching within the brand's formulas will provide your baby with an easier adjustment.

If your baby experiences occasional fussiness or gas, ask your doctor about Similac® Soy Isomil® or Similac Sensitive®. Similac Soy Isomil is soy-based and milk-free and may help alleviate some of these common feeding problems. If you prefer a milk-based formula, Similac Sensitive can help reduce fussiness,<sup>‡</sup> gas,<sup>‡</sup> or mild spit-up. In general, babies can take anywhere from 2 days to 2 weeks to adjust to a new formula, although some babies adjust right away. It's always best to consult with your baby's physician before making formula changes.

### 5. My baby seems constipated. Should I change formulas?

Some babies will grunt and strain when they have a bowel movement. This, by itself, doesn't mean they are constipated. If your baby's bowel movements look like formed, hard balls, try changing to a different form of the same brand of formula (for example, from powder to liquid). Check with your doctor if your baby's stools continue to be hard after a few days, or if she cries or is extremely distressed with bowel movements.

### 6. Does my baby need to be burped at every feeding?

Yes. Once or twice during a feeding, and after a feeding (usually for the first 6 months), you can help your baby remove swallowed air by burping her. Hold your baby upright against your shoulder, face down across your lap, or upright on your lap while you support her head and chest with your hand. (You will want to place a towel on your shoulder or across your lap or hand as you burp her, in case more than air comes up.) Then gently pat or rub her back until she burps, for a minute or so. Babies don't always need to actually burp after a feeding, but they should have the opportunity to do so.

\* Ingredients not genetically engineered.

† Among 2-month-old healthy infants compared to a standard milk-based formula.

‡ Due to lactose sensitivity.

Reference: 1. Lasekan JB, et al. *J Am Coll Nutr.* 2014;33(2):136-146.