

# FEEDING YOUR INFANT DURING COVID-19

Currently, there is no approved vaccine to protect against coronaviruses. Women who are pregnant, or with children and infants, should take the same precautions as the general public to avoid COVID-19 infection. This resource is meant to answer your questions about feeding your infant and hopefully help to settle some fears.

## ARE YOU BREASTFEEDING?

Breastfeeding is still the best option for infants, so keep going! Women can breastfeed if they have COVID-19 or are sick (see the next page for safety tips). COVID-19 does not pass through breastmilk and breastfeeding can actually protect your baby against many illnesses. Remember, the more the baby feeds, the more milk you will produce. By breastfeeding often, you help to keep your supply adequate for your baby and reduce their risk of getting sick.

### While breastfeeding, take care of yourself!

- Get enough rest
- Find ways to cope with stress
- Drink enough fluids and eat well
- Connect with others through phone and video calls



## ARE YOU FORMULA FEEDING?

Continue to feed your infant with the formula that has been working for you so far. Try to have enough formula on hand for 3-4 weeks. Try to restock when you still have at least one week of formula left to make sure you have time to find more.

### If you can't find your regular formula, try these tips!

- Check your local pharmacy, grocery store or baby supply store. Businesses may be low right now because of the current increase in demand, but many stores will be restocked soon. Call ahead if you are worried that your formula will be sold out.
- You can also order directly from the company by calling the number found on the formula package or through retailers, like Amazon, for home delivery.
- Your health centre, pediatrician or pharmacist may also be able to help you find what you need, or call the number on the can and ask for help locating that type of formula.
- Switching to another similar formula is the next best option. If your child has additional health concerns, contact your pediatrician, local dietitian or Eat Well Saskatchewan for help choosing an appropriate alternative.
- It is recommended to use formula until 12 months, but if you are running out of formula, your infant is 9 months old and is eating at least 1 cup of solid foods (including iron rich foods) then you can introduce whole cows milk (3.25%) as long as there are no allergies to cows milk.

## SHOULD I MAKE MY OWN FORMULA AT HOME?

No, homemade formula is not safe for your baby. These formulas do not provide enough nutrients for your growing infant and can contain ingredients that are hard for them to digest or even dangerous for them. Please consider the options listed on the previous page for finding the right formula, or reach out to your healthcare provider for help.

## ARE YOU BREASTFEEDING & FORMULA FEEDING?

If possible, return to breastfeeding for the majority of the feeds. This will help to maintain your supply and reduce your need for formula. Plus, your infant will get the added protection we talked about above! See the recommendations above for other suggestions related to breastfeeding and formula use.

## KEEPING YOUR BABY SAFE WHILE FEEDING

- Close contact will help your baby to thrive, so hold them during feeds, using skinto skin when possible and share a room with your baby!
- Wash your hands with soap and water before touching your baby (before and after feeds)
- Wear a face mask near the baby if you are sick
- Take extra care in sterilizing and keeping the bottles safe for your baby. Wash each piece with soap and water and then place in boiling water for 5-10 minutes.
- Wash your hands before touching your breast pump and before hand expressing. Sanitize your pump and its parts after every use.



## ADDITIONAL SAFETY TIPS

- Wash your hands frequently with soap and water (for 20 seconds) or with alcohol based hand sanitizer
- Avoid close contact with people who are sick
- Avoid crowded spaces and practice social distancing (do no shake hands, hug or kiss; maintain 2 meter personal space)
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cough and sneeze into bent elbow
- Connect with others through phone or video calls rather than group events

**If you have symptoms that feel worse than a standard cold, use Saskatchewan Health's Self Assessment online tool, or call Healthline at 811.**

**Additional support can be provided through the following resources:**

Eat Well Saskatchewan  
1-833-966-5541  
Eatwell@usask.ca

Healthline  
811 or 1-877-800-0002



# CHOOSING A FORMULA

If you can't find your usual formula or need to buy a brand you aren't familiar with, use this guide to help you choose the best option!

**Ready to Feed:** Do not add water or dilute this formula. As the name suggests, it's already prepared in the correct concentration. Follow direction on the package. Usually the most expensive, but has the lowest risk of contamination.

**Liquid Concentrate:** Do not feed directly to your child. This type of formula must be diluted by adding boiling water according to the instructions on the package.

**Powder:** Follow the instructions on the package. Add boiling water to the bottle and then add the appropriate number of scoops on top, mix well. This is the most commonly used and usually the most affordable option.

## FINDING A SIMILAR FORMULA

The formulas listed within the same highlighted area are similar and can be interchanged when necessary.

### Regular Infant Formula (Cows Milk Formula)

Enfamil  
Good Start  
Kirkland  
Parent's Choice  
President's Choice  
Similac  
Simply Kids

Any brand of regular infant formula is safe and appropriate

### Lactose Free Formula

Enfamil Lactose Free A+  
Kirkland Sensitive  
Parent's Choice Sensitive  
Similac Sensitive Lactose Free

### Low Lactose Formula

Enfamil Gentlease A+  
Parent's Choice Gentle  
President's Choice Gentle  
Similac Partially Broken Down Protein

If you think your child may have a milk allergy or if you don't see your formula listed, speak with your healthcare provider for a suitable alternative.

### Cow's Milk Allergy (Extensively Hydrolyzed)

Alimentum  
Nutramigen  
Pregestimil

### Cow's Milk Allergy (Amino Acid Based)

Neocate Infant  
Puramino

### Additional Tips:

- Generic formula is just as good for your baby as brand name formula.
- Do not use homemade or expired formula. This is not safe for your baby.
- If you cannot find more formula, contact your healthcare provider for help.
- Wash each piece of the bottle with soap and water, then place in boiling water for 5-10 minutes to sterilize between uses.

If your child has other health concerns that may complicate this decision (such as allergies), please contact your healthcare provider for assistance in choosing a formula.

