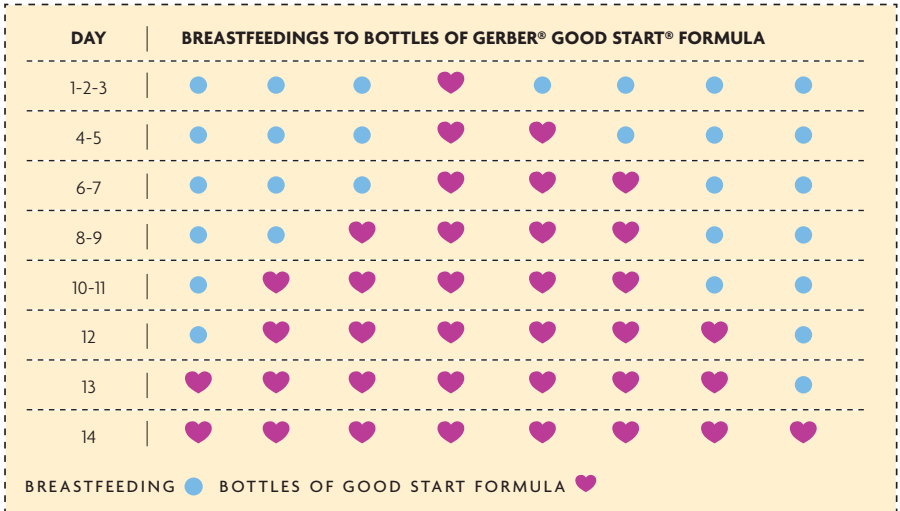


# A guide to transitioning & switching formula

The American Academy of Pediatrics recommends breastfeeding for your baby's first year of life. If you choose to wean or supplement your breastmilk, consider using the guidelines in this chart to make a gradual change from breastmilk to formula. If you would like to continue with some breastfeedings, you may stop transitioning at any point on the chart that's right for you.

## TRANSITIONING FROM BREASTMILK TO FORMULA



Use this chart to make a gradual change from breastmilk to formula. If you would like to continue with some breastfeedings, you may stop transitioning at any point on the chart that's right for you.

## Tips for easing the transition

- **Choose the right time.** Introduce the bottle when your baby is calm and not so hungry.
- **Be patient.** It may take your baby awhile to learn the knack of sucking on a bottle nipple. Allow your baby to nurse briefly on one breast. Then offer her a bottle. If she fusses and refuses the bottle, calm her down and return her to the other breast. Try a bottle again at the next feeding. You may have to try a few different nipple types.

## SWITCHING TO A NEW FORMULA

If you decide to switch, use this chart to help your baby make a gradual change to a new formula such as GERBER® GOOD START® formula.

