

HELPING YOUR BABY TRANSITION SMOOTHLY

Provided that your baby is healthy and happy, changes in your baby's bowel movements shouldn't necessarily be a cause for concern.

That said, you can help your baby better adapt to the new feed by introducing changes to feeding gradually. Substituting one feed with the new formula each day until all your baby's feeds are the new formula may ease the transition.

In some cases you may find that your baby does not tolerate the new feed at all, and you may need to try a few different formulas before finding one that's right for your baby.

If your baby experiences any severe side effects from changing the feed type, such as vomiting or diarrhoea, you should seek the advice of your healthcare professional.

Starting with the new formula for the first feed of the day may minimise any initial resistance to the change.



Learn more about your baby's nutrition with the **Nestlé Start Healthy Stay Healthy First 1000 Days Nutrition Program.**



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ANY QUESTIONS?

Being a parent is no easy task. If you still have questions about feeding your baby, speak to your healthcare professional, who will be able to help you make an informed decision.

STAY INFORMED

Would you like more information on infant nutrition? Contact Careline nutrition experts on 1800 468 8736.

IMPORTANT NOTICE: Breast milk is best for babies and provides ideal nutrition. Good maternal nutrition is important for preparation and maintenance of breastfeeding. Introducing partial bottle feeding could negatively affect breastfeeding and reversing a decision not to breastfeed is difficult. Professional advice should be followed on infant feeding. Infant formula should be prepared and used exactly as directed or it could pose a health hazard. The preparation requirements and cost of providing infant formula until 12 months of age should be considered before making a decision to formula feed.

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Your guide to transitioning

MANAGING THE CHANGE FROM ONE FORMULA TO ANOTHER



PREGNANCY

0-4 months

4-6 months

6-8 months

8-12 months

12-18 months

18-24 months

What

TO CONSIDER
WHEN CHANGING
FORMULAS

Whenever you change from one infant formula to another, it's important to keep an eye out for signs of intolerance. You should also give your baby some time to adapt to the new feed. **This can be up to 2 weeks.**



WHAT TO EXPECT

When transitioning your baby to a new feed you may notice a change in their bowel habits. This may be a change in smell, colour, frequency, texture or all of the above!

Is my baby constipated?

A sudden change in feed can sometimes cause constipation. If your baby has infrequent bowel movements, however, it doesn't necessarily mean that they are constipated. It can be normal for a baby to have several bowel movements one day and none the next. If your baby becomes red in the face and appears to strain, just remember lying down while passing stools can require some effort!

If your baby is experiencing bowel movements which are delayed and painful over a period of time, you should consult your healthcare professional.

In rare cases there could be an underlying cause for the constipation.

If your baby experiences any severe side effects, such as vomiting or diarrhoea, you should consult your healthcare professional.



BABY'S BOWEL MOVEMENTS

Transitioning your baby from one formula to another, or from breast to formula feeding, may alter their bowel movements.



Breastfed baby

Bowel movements tend to be more frequent with breastfeeding (the preferred choice), compared to infant formula. The baby's stools will be soft, yellowish or slightly green.



Formula-fed baby

If you're feeding your baby formula, the stools will be firmer than a breastfed baby's, and may vary in colour according to the nutrients in the formula.

H.A. formula stools are generally soft, paste-like, formed or unformed. The stools can range in colour from yellowish-mustard to green and are slightly pungent smelling and frequent.



Non-H.A. (intact protein) formula stools are harder, thicker and bulkier, lighter yellow/green to brown, and slightly more pungent smelling, compared to breastfed babies.

