

# MILK REPLACER RECIPE

**BOTTLE BABIES REQUIRE COMMITMENT AND ARE VERY TIME CONSUMING BUT IF YOU HAVE THE TIME AND PATIENCE THEY ARE WELL WORTH IT. THE BOND IT WILL CREATE IS AMAZING.**

**2 PARTS WHOLE MILK  
1 PART HALF & HALF  
WARM MILK TO 102 DEGREES  
AND FEED 10-15% OF BABIES BODY WEIGHT.**

**TEST THE TEMPERATURE ON YOUR WRIST JUST LIKE YOU WOULD A HUMAN BABY**

**FEED 4 TIMES PER DAY FOR THE FIRST 2 WEEKS. I FEED AT 7AM, NOON, 5PM & 10PM BECAUSE OF MY WORK SCHEDULE BUT PICK 4 TIMES A DAY THAT WORK BEST FOR YOU AND YOUR SCHEDULE. AT WEEK 3 SWITCH TO 3 TIMES PER DAY. I DO 7PM, 5PM & 10PM. IN A FEW WEEKS SWITCH TO 2 TIMES PER DAY AND THEN THE LAST 2 WEEKS FEED ONCE PER DAY GENERALLY AT NIGHT. START TO ADD WATER TO THE MILK THE LAST WEEK AND SLOWLY WEAN THEM OFF THE BOTTLE ENDING AT WEEK 12. MOST BABIES WILL CRY FOR THEIR BOTTLE FOR SEVERAL DAYS. BE STRONG AND DON'T GIVE IN. THEY WILL EVENTUALLY REALIZE THEY DON'T NEED IT ANYMORE AND STOP CRYING.**

**I LET MY BABIES EAT AS MUCH AS THEY WANT AT EACH FEEDING AND INCREASE THE AMOUNTS AT THE NEXT FEEDING ACCORDING TO HOW MUCH THEY ATE AT THE LAST FEEDING. DO NOT FEED THEM IN BETWEEN THE FEEDINGS EVEN IF THEY ARE CRYING. JUST INCREASE THE AMOUNT AT THE NEXT SCHEDULED FEEDING.**

**IF YOU ARE HAVING A HARD TIME GETTING THE BABY TO TAKE THE BOTTLE MAKE SURE IT DOESN'T HAVE ACCESS TO ANY WATER OR HAY. IT MAY BE FILLING UP ON WATER AND NOT BE HUNGRY ENOUGH TO WANT THE BOTTLE. IT DOES TAKE TIME FOR THEM TO GET USED TO THE TEXTURE OF THE NIPPLE VS. MOMMY'S TEAT. ONCE THEY ARE TAKING THE BOTTLE WITHOUT A STRUGGLE YOU CAN REINTRODUCE HAY AND WATER.**

**I HAVE NEVER HAD A BABY SCOUR USING THIS METHOD BUT IF BY CHANCE THEY DO JUST INCREASE THE HALF & HALF. IF THE BABY GETS CONSTIPATED DECREASE THE HALF & HALF.**

**THERE ARE SEVERAL GOOD BRANDS OF POWDERED MILK REPLACERS ON THE MARKET BUT THIS RECIPE SEEMS TO WORK BEST FOR ME AND MY PYGMIES.  
I ABSOLUTELY LOVE THE RESULTS I GET!**