



**YOUR GUIDE TO  
TRANSITIONING**

**MANAGING  
THE CHANGE FROM  
ONE FORMULA  
TO ANOTHER**



## What to consider WHEN CHANGING FORMULAS



Whenever you change from one formula milk to another, it's important to keep an eye out for signs of intolerance. You should also give your child some time to adapt to the new feed.

**This can be up to 2 weeks.**

*A change in  
bowel movement  
may be a sign of  
intolerance!*



## WHAT TO EXPECT

When transitioning your child 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 child constipated?

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

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

## YOUR CHILD'S BOWEL MOVEMENTS

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

### Breastfed child

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



### Formula-fed child

If you're feeding your child formula, the stools will be firmer than a breastfed child'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 children.

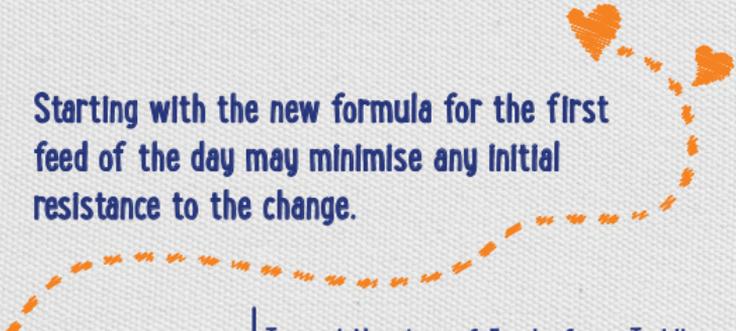


## HELPING YOUR CHILD TRANSITION SMOOTHLY

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

That said, you can help your child better adapt to the new feed by introducing changes to feeding gradually. Substituting one feed with the new formula each day until all your child's feeds are the new formula may ease the transition\*. In some cases you may find that your child 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 child.

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



Feeding Schedule	Typical Number of Feeds for a Toddler (>12 months old)	
	Current Milk Brand	New Milk Brand
1-2 days	2	1
3-4 days	1	2
5 day onwards	0	3

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

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## ANY QUESTIONS?

Being a parent is no easy task. If you still have questions on switching formula, speak to your healthcare professional.

## STAY INFORMED

Would you like more information on child nutrition? Contact Nestlé Consumer Services at 800 6011 633 or visit [www.babyandme.nestle.com.sg](http://www.babyandme.nestle.com.sg) for more information.

**IMPORTANT NOTICE:** Breast milk is the best for children. The World Health Organisation recommends exclusive breastfeeding for the first six months of life. Unnecessary introduction of bottle feeding or other food and drinks will have a negative impact on breastfeeding. After six months of age, infants should receive age-appropriate foods while breastfeeding continues for up to two years of age or beyond. Consult your doctor before deciding to use infant formula or if you have difficulty breastfeeding.

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