

Emergency Regimen: Formula feeding infants less than 1 year

10% Carbohydrate Recipes

(once made, store at the back of the fridge and use within 24 hours; shake before use)

Infant Formula

150ml of standard infant formula

1 level white scoop of SOS 10 powder (4.3 g)

Or

SOS recipe

1 sachet of SOS 10 (21 g)

Add cooled boiled water to 200ml

Or

Oral rehydration solution recipe*

1 sachet of Dioralyte (4.1 g)

4 level white scoops of SOS 10 powder (17.2 g)

Add cooled boiled water to 200 ml

*If your child is vomiting and/or has diarrhoea, the oral rehydration solution recipe should be used. If vomiting and/or diarrhoea persists, you should bring your child to the local hospital for medical assessment and intravenous Dextrose.

Age	Recommended minimum feed volumes:
0-3 months	45-80ml every 2 hours or 70-120ml every 3 hours day and night
4-6 months	85-100 ml every 2 hours or 130-150ml every 3 hours day and night
7-9 months	90-100ml every 2 hours or 130-150ml every 3 hours day and night
10-12 months	100ml every 2 hours or 150ml every 3 hours day and night