

Baby Formula Shortage: A Pediatrician's Advice

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Dr. Terry Ho, OSF HealthCare Pediatrician

"Definitely it has been an issue, and we're getting a lot of phone calls and contacts from families about what's the next step and what to do. And that's really what we recommend families to do, is contact us. Contact your pediatrician and because we can hopefully help guide you on how to manage and what we can do to help you through this." (:16)

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"Some kids with some different medical conditions require a specialty formula, so we don't want to just run out and buy whatever formula is on the shelf. We want you to follow the recommendations, the limitations that are that are being set at stores. I think a lot of stores right now have some limits as to what you can get. And we also want you just to get what you need, because ultimately what we've seen through the pandemic is that a lot of times stockpiling leads to excess anyway, and there are, again, families out there that may need that formula." (:30)

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Dr. Terry Ho, OSF HealthCare Pediatrician

"Right now we're getting a lot of questions from families about different posts they're seeing on social media. We're seeing a lot of different old recipes for formula that used to be a thing. What we know is that those aren't exactly the best methods and safe methods to feed your child. Formula is a complex blend of nutrients, proteins, minerals, vitamins that are really difficult to duplicate at home. In addition, the formula recall really stemmed from a bacterial contamination that was found in the formula. We run that risk by making formula at home as well. There's a lot of chance that you may contaminate the formula as you're preparing it, and so we really want to shy away from making your own formula." (:42)

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"That that is something that we want you to contact us with because there is a little bit of a gray zone. We normally recommend holding off on starting milk until your child turns one. But in a situation like this, there may be some children that actually can get that milk a little bit earlier, but we want to help walk you through that and make sure that your child you know would do well with that and wouldn't have any issues." (:24)

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"We want to be your contact for questions about health for your child, both when they're sick or ill, but also on their day-to-day health, which includes their general diet. And so if you have those questions, we want you to reach out. You should be able to reach out to us whether through a phone call or through our MyChart or through the internet, or if you are in the office. These are questions that we receive daily from families, and we want to be able to help guide you through these difficult situations." (:30)