

NURSERY BOTTLE AND BREAST MILK POLICY

1 Parent and Practitioner formula milk preparation and feeding guidelines

Staff at the Nursery follow guidelines for preparing formula milk for infants in accordance with policy published by The Food Standards Agency and The Department of Health.

We encourage the use of cups with lids or spouts from the age of 6 months as per the dental health organisation guidelines:

<https://www.dentalhealth.org/dental-care-for-mother-and-baby>

1.1 Specific formula

We take children from aged one and would expect most children to be on cow's milk or an alternative, such as soya or oat milk, which the Nursery will provide. If your child is on specific formula for medical reasons, then the following will apply:

- We will provide cups with lids/spouts.
- Formula should be provided in ready-made cartons where possible, or alternatively the powder inside its original container: this is the best way for practitioners to ensure they are preparing feeds correctly, in accordance with the guidelines detailed on the packet or tin. A detailed care plan will be noted detailing the amount and frequency of feeds, and parents are required to update their child's Key Person regularly. We actively encourage all children over 1 year old to use a 'sippy' cup.

1.2 Formula feed preparation

According to the Food Standards Agency and Department of Health, the best way to prevent a baby becoming ill is to make up all formula feeds fresh as and when they are required by the baby. The Nursery will follow the routine below to ensure best practice when carrying out this task:

- Label the formula container/carton with child's full name and date of opening
- Clean the surface thoroughly on which to prepare the feed
- Wash hands with soap and water and then dry
- Boil fresh tap water in a kettle. Important: Allow the boiled water to cool to no less than 70° C. This means in practice using water that has been left covered for less than 30 minutes after boiling. Pour the amount of boiled water required into the sterilised bottle
- Add the exact amount of formula as instructed on the label
- Shake the clean 'sippy' cup well to mix contents
- Cool quickly to feeding temperature by holding under a running tap or placing in a container of cold water
- Check the temperature by shaking a few drops onto the inside of your wrist – it should feel lukewarm, not hot
- Discard any feed that has not been used within two hours
- If using cartons, pour all into the cup and either give at room temperature or heat as desired by placing in the microwave. Shake well to avoid hot spots. Always check temperature on your wrist before giving to a child
- Check the temperature as above

2 Breast Milk

2.1 Partnership with parents

We display the 'breastfeeding welcome' sign within the Nursery.

Staff will provide the mother with a comfortable seat: this could be anywhere within the Nursery or somewhere private if necessary. Expressed milk can be stored either in our fridge or may be brought in frozen, where we follow guidance.

The baby's feeding routine will be discussed with the parents and Key Person to make arrangements for the mother to come in to breastfeed/express.

2.2 Preparation

Good hygiene is paramount before and after preparation of feed. If frozen, it will be defrosted by swirling in a bowl of warm water (not microwave or hot water). Milk will be given following parents' wishes i.e. from fridge, room temperature or heated as per the above guidance. Any unused milk will be discarded, bottles to be rinsed and returned to parent. Defrost any frozen breast milk in a warm jug of water or in the fridge. Discard any unused milk after one hour.

2.3 Storage

Breast milk can be stored in the main body of the fridge or if frozen in the freezer

- Parents must label all breast milk stating whether it is fresh or has been defrosted
- If fresh, this may be stored in our fridge and used within 8 days
- If it has been defrosted, this must be used within 24 hours; so the labels need to clearly state the date it was defrosted
- The fridge must be below 5c

Storing breast milk - Best Start in Life - NHS

If milk shows any sign of thawing do not re-freeze. Fridge/freezers are monitored every day for temperature control measures and recorded.