

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>

We will provide cups with lids/spouts, but if parents prefer, they may bring in an infant's bottle sterilised and fully assembled with the teat and lid in place for children under one year of age. This prevents the inside of the sterilised bottle and the inside and outside of the teat from being contaminated. Spare bottles are kept in the nursery for emergencies and a cold-water steriliser is used.

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 but will allow bottles in the first instance to aid the settling in process.

According to the Food Standard 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.
- Re-assemble the bottle following the manufacturer's instructions.
- Shake the bottle well to mix the contents or use a clean 'sippy' cup.
- 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 or bottle 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.

Continuing to feed a baby with breast milk has excellent health benefits for both mother and baby. At New Hall Nursery, we aim to support parent's choice when continuing to give their baby breast milk at the Nursery.

We will handle breast milk following the universal precautions of using gloves and store it by following the Breastfeeding Network Guidelines for storing breast milk. Parents should inform the Nursery if they are bringing breast milk to Nursery, so that we can ensure it is stored correctly in a separate area of the fridge and handled in the correct way. Breast milk should be clearly labelled and placed in the designated breast milk area of the fridge.

We aim to make our mothers feel comfortable in our Nursery should they wish to breastfeed their babies whilst here.

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.

2.3 Storage

Breast milk can be stored in the main body of the fridge or if frozen in the freezer. This will have to be transported in an insulated cool bag. If milk shows any sign of thawing do not re-freeze. Fridge/freezers are monitored every day for temperature control measures and recorded.