

Bottle Feeding and Breast Milk Policy and Procedure

Babies are to be fed in accordance with the parents wishes which will be recorded on the child's care plan at induction when they settle in and updated regularly. Fennies do not provide formula for children attending the setting but does provide cow's milk over the age of 1 years old.

Current Guidance from the Food Standards Agency at the time of printing has been used in the development of this procedure.

- When babies are having formula milk during their time at Fennies, we ask parents to bring in sterile bottles for the number of feeds they require in a day.
- Parents can provide the nursery with boxed formula (however this must be unopened). Staff must ensure that they clearly label the box with the child's name and the date it has been opened, this will stay at the setting and will be sent home at the end of the fourth week. Staff will inform parents of when new formula is needed.
- Parents may also choose to provide Fennies with the ready to feed liquid, again this must be labelled with the child's name. Once opened this can be kept for up to two hours in the fridge and must clearly show the date and time the milk was opened.
- Parents must inform staff of how many ounces the child requires and what times. This will be recorded on the bottle list. Parents must remember to inform staff of any changes to their child's feeds.
- Once the bottle has been made a level 3 or above must sign the bottle recording chart to ensure it has been checked and given to the correct child, each bottle must be labeled and have a photograph of the child.

Formula Bottles will be made up when required during the day in accordance with the following procedure:

- Wash hands with warm soapy water on entering the kitchen and put on a disposable apron
- Clean the surface thoroughly where the bottle is to be prepared
- Boil a freshly filled kettle of tap water and allow it to cool to no less than 70° C (not more than 30 minutes)
- Check they have the correct bottle for the child (labelled)
- Fill the bottle with the correct amount of cooled water (ensure water is poured first)
- Add the milk powder, shake to mix thoroughly and re-assemble the bottle
- To prevent burns and scalds, test the temperature of the milk by putting a few drops onto the inside of the wrist, before giving it to the baby. It should be body temperature (36.4), or below. This means it should feel warm or

cool, but not hot. Then use a probe to take and record the actual temperature.

- If it is too hot, cool it down by running it under a cold water tap (with the lid on covering the teat) until it is ready for use. The feed is then ready to give to the child
- Staff should wash their hands again and put a bib on the baby
- Check that they have the correct bottle for the child and sign off by a level 3 or above
- Note the amount of milk in the bottle
- Sit comfortably with the baby nestled in your arm and gently put teat into the child's mouth.
- Ensure that the teat remains full of milk to avoid the baby taking in air.
- Maintain eye contact with the child to provide a comfortable snuggle time.
- When the baby has finished, sit them up gently and wind them if necessary, by gently rubbing/patting baby's back
- Record how much milk has been drunk on the bottle feeding chart and daily report sheet
- Wash out the bottle and put straight into the child's bag ready to go home
- Discard any feed that has not been used within 2 hours

Staff must ensure that any formula used to make up breakfast is also recorded onto the bottle chart.

In line with NHS guidelines for bottle feeding,

"Comfort sucking from a bottle on sweetened drinks cause tooth decay in young children. Drinks flow very slowly through a teat, which means sugary substance will be in contact with the teeth for longer".

Therefore bottles will be provided when milk is needed, but must not be provided just to comfort the child.

Cow's milk will be made up when required during the day in accordance with the following procedure:

- Wash hands with warm soapy water on entering the kitchen and put on a disposable apron
- Clean the surface thoroughly where the bottle is to be prepared
- Boil a freshly filled kettle of tap water and allow it to cool to no less than 70° C (not more than 30 minutes)
- Check they have the correct bottle for the child (labelled)
- Fill the bottle with the correct amount of cow's milk. (Blue milk is for under 2 years olds)
- Then place milk bottle into a jug of hot water to heat up.
- Test the temperature of the milk by putting a few drops onto the inside of the wrist
- If it is too hot, cool it down by running it under a cold water tap (with the lid on covering the teat) until it is ready for use. The feed is then ready to give to the child
- Staff should wash their hands again and put a bib on the baby
- Check that they have the correct bottle for the child and sign off by a level 3 or above
- Note the amount of milk in the bottle

- Sit comfortably with the baby nestled in your arm and gently put teat into the child's mouth.
- Ensure that the teat remains full of milk to avoid the baby taking in air.
- Maintain eye contact with the child to provide a comfortable snuggle time.
- When the baby has finished, sit them up gently and wind them if necessary
- Record how much milk has been drunk on the bottle feeding chart and daily report sheet
- Wash out the bottle and put **straight** into the child's bag ready to go home
- Discard any feed that has not been used within 2 hours

Breast milk

- Breast milk will be stored in a sterile container or in special breast milk storage bags
- Breast milk will be stored in the fridge for up to five days at 4C or lower, for two weeks in the ice compartment of a fridge or for up to six months in a freezer.
- Breast milk that has been cooled in the fridge can be carried in a cool bag with ice packs for up to 24 hours.
- Storing breast milk in small quantities will help to avoid waste. If you're freezing it, make sure you label and date it first.

Defrosting frozen breast milk

- Breast milk that's been frozen is still good for a baby.
- It's best to defrost frozen milk slowly in the fridge before giving it to the baby.
- If you need to use it straightaway you can defrost it by putting it in a jug of warm water or holding it under running warm water.
- Once it's defrosted, use it straightaway.
- **Do not re-freeze milk that has been defrosted.**

Warming breast milk

You can feed expressed milk straight from the fridge if the baby is happy to drink it cold, or you can warm the milk to body temperature by putting the bottle in a jug of warm water or holding it under running warm water.

Once the baby has drunk from a bottle of breast milk it should be used within the hour and anything left over thrown away.

When handling breast milk please ensure aprons and gloves are worn .

CHILDREN ARE NEVER TO BE FED IN A BABY BOUNCER / BEAN BAG OR LEFT UNATTENDED WITH A BOTTLE

Sterilising of bottles, feeding equipment and dummies

Fennies nurseries do not use cold-water sterilising solutions but instead use steam sterilisers.

Before sterilising, staff must always:

- clean the feeding bottles, teats, caps and covers in hot, soapy water as soon as possible after a feed, using a clean bottle brush; teats can be

cleaned using a special teat cleaner; turn teats inside-out to ensure all milk deposits are removed and wash in the same way as the bottles

- rinse all the equipment in clean, cold running water.

Steam sterilisers must always be used according to the the manufacturer's instructions, a copy of which must be available in the location of the steriliser. A risk assessment **must** be completed for the use of steam steriliser.

Quantity of bottle feeds

Every child is very different when it comes to bottle feeding however there rough estimation of the quantity of milk a baby should intake daily.

| Age | Average number of feed's in 24 hours | Average daily fluid intake |
|-------------------|--|--|
| Birth to 3 months | 6 – 8 feeds Every 3 to 4 hours | 150ml-200ml baby per kg |
| 4 to 6 Months | 6 – 8 feeds Every 4 to 6 hours | 150ml-200ml baby per kg |
| 7 to 9 months | 4 feeds Also weaning starting | 500ml-600ml per day |
| 10 to 12 months | 3 Feeds Also having 3 meals a day | 500ml-600ml per day |
| 12 + months | 3 meals and 2 snacks Plus 3 milk beakers (Full fat cow's milk) | 400ml-500ml per day <i>No more than 600ml per day</i> |

Moving on from bottle feeds

The UK Government recommends that by the time a baby is one years old, they should have stopped using a bottle for all drinks. This is mainly to allow baby to learn to 'sip' from an open cup or beaker, rather than the 'sucking' action needed when drinking from the bottle.

There are other reasons why babies should give up the bottle too. Babies need to effectively develop the muscles in their mouths, in order to learn to speak and develop their speech. Research suggests that prolonged bottle use, as well as prolonged use of dummies, may have detrimental effects on a child's speech development.

From 12 months a child should be moving on from formula/breastmilk to cow's milk (or alternative if advised by a health practitioner such as a GP). A baby over 12 + months should have at least 350ml of milk a day in beaker. Whole milk should be given to children until they are 2 years old, as they need the extra energy and vitamins it contains. Semi skimmed milk can be introduced once our child is 2 years old.

Internal use only

| This policy was adopted on | Signed on behalf of the nursery | Date disseminated to staff | Date for review |
|-----------------------------------|--|-----------------------------------|------------------------|
| <i>May 2019</i> | | | <i>May 2020</i> |