

# Bottle/Breast Feeding Policy

At The Cottage Nursery, we follow each individual child's feeding pattern. We ask parents to share information of their child's feeding pattern and keep us informed of any changes. Following from the child's needs, we can feed your baby formula or breast milk. Parents are asked to provide their child's milk and bottles.

## Staff step-by-step guide to preparing a formula feed:

- **Step 1:** Fill the kettle with at least 1 litre of fresh tap water (do not use water that has been boiled before).
- **Step 2:** Boil the water. Then leave the water to cool for no more than 30 minutes, so that it remains at a temperature of at least 70C.
- **Step 3:** Clean and disinfect the surface you are going to use.
- **Step 4:** It's important that you [wash your hands](#).
- **Step 5:** If you are using a cold-water steriliser, shake off any excess solution from the bottle and the teat, or rinse them with cooled boiled water from the kettle (not tap water).
- **Step 6:** Stand the bottle on the cleaned, disinfected surface.
- **Step 7:** Follow the manufacturer's instructions and pour the amount of water you need into the bottle. Double check that the water level is correct. Always put the water in the bottle first, while it is still hot, before adding the powdered formula.
- **Step 8:** Loosely fill the scoop with formula powder, according to the manufacturer's instructions, then level it using either the flat edge of a clean, dry knife or the leveller provided. Different tins of formula come with different scoops. Make sure you only use the scoop that comes with the formula.
- **Step 9:** Holding the edge of the teat, put it into the retaining ring, check it is secure, then screw the ring onto the bottle.
- **Step 10:** Cover the teat with the cap and shake the bottle until the powder is dissolved.
- **Step 11:** It's important to cool the formula so it's not too hot to drink. Do this by holding the bottle (with the lid on) under cold running water.
- **Step 12:** Test the temperature of the formula on the inside of your wrist before giving it to your baby. It should be body temperature, which means it should feel warm or cool, but not hot.
- **Step 13:** If there is any made-up formula left in the bottle after a feed, throw it away.



### **Dos and don'ts of making up formula feeds:**

- Do follow the manufacturers' instructions very carefully, as they vary as to how much water and powder to use.
- Do not add extra formula powder when making up a feed. This can make your baby [constipated](#) or dehydrated. Too little powder may not give your baby enough nourishment.
- Do not add sugar or cereals to your baby's formula.
- Never warm up formula in a microwave, as it may heat the feed unevenly and burn your baby's mouth.

### **Reducing the risk of infection**

Even when tins and packets of powdered infant formula are sealed, they can sometimes contain bacteria.

Bacteria multiply very fast at room temperature. Even when a feed is kept in a fridge, bacteria can still survive and multiply, although more slowly.

To reduce the risk of infection, it's best to make up feeds 1 at a time, as your baby needs them.

Use freshly boiled drinking water from the tap to make up a feed. Do not use artificially softened water or water that has been boiled before.

Leave the water to cool in the kettle for no more than 30 minutes. Then it will stay at a temperature of at least 70C. Water at this temperature will kill any harmful bacteria.

Remember to let the feed cool before you give it to your baby. Or you can hold the bottle (with the lid on) under cold water from the tap.

### **Do not use bottled water to make up formula feeds**

Bottled water is not recommended for making up feeds, as it's not sterile and may contain too much salt (sodium) or sulphate.

## **Breast Milk.**

### **Storage:**

We can store breast milk in a sterilised container or in a milk storage bag:

- in the fridge for up to five days
- in the freezer for 6 months

Please make sure you label and date the container or bag.

### **Warming the feed:**

We will ask you at what temperature your baby prefers to drink the milk.

We can feed expressed milk straight from the fridge or we can warm the milk by putting the feed in a jug of warm water or under running warm water (not boiling water).

Frozen feeds can be defrosted slowly in the fridge or if needed straightaway can be defrosted in a jug of warm water or under a warm running tap.

**Feeding:**

We can feed the expressed milk from a bottle or a bag with a teat.

Once the feed had been heated or your baby has drunk from the feed it must be used within **1 hour** and any leftovers are thrown away due to bacteria build up.

**Sterilizing:**

All bottles and feeding utensils are sterilized after every use.

**Introducing cow's milk:**

Current guidelines state that children can be given cow's milk to drink from their first birthday.

Cow's milk is introduced slowly to allow your baby time to adapt to the change.

Staff must consult with parents when their baby turns one to ensure they are happy for the nursery to introduce cow's milk whilst they are at nursery.

Whole milk is provided to children under two years of age.