

Breastfeeding and Formula Feeding Policy

Bottleforest will support families in feeding babies in whatever way they are at home be that Breastfeeding or Formula Feeding.

Mother's who are breastfeeding their children are most welcome to do so whilst at the service. Should a mother's work schedule allow they are welcome to attend the service for feeds throughout the day or bring a supply of expressed breast milk.

The babies room will have cooled boiled water available at all time for bottle preparation and refilling water bottles of children under 1 year old.

Breast milk procedure

- Breast milk that has been expressed should be brought to the service in a clean sterile container labelled with the date of expression and the child's name.
- We encourage families to transport milk to the service in cooler bags and eskies; this should be immediately given to educators, who will take it out of the cooler bag and put it in the refrigerator.
- We will refrigerate the milk until it is required.
- Breast milk will be warmed and/or thawed by standing the container/bottle in a container of warm water or by using a bottle warmer.
- Sterilised baby bottles will be used from home.
- The milk will then be temperature tested by educators before being given to the child.
- If the service does not have enough breast milk from the family to meet the child's needs that day, families will be contacted.
- To avoid any possible confusion, we will not store unused milk at the service.
- Unused milk will be returned to families at the end of the day when they come to collect their child.

Formula milk procedure

- If your child attends multiple days within the week you may wish to bring a labelled tin of formula and leave it at the service. Alternatively, a formula container with measured formula powder can be brought each day.
- Sterilised baby bottles from home will be used, these can either be filled with boiled ready to go or will be filled by Educator's as required though out the day.
- Formula bottles will be warmed by standing the container/bottle in a container of warm water or by using a bottle warmer.
- Temperature of milk will be tested before bottle is given to the child.

Educators who Breastfeed at the Service

- The service also recognises the importance and benefits of breastfeeding and that many women will return to work before they wish to wean their children. Requests for allowances to be made for educators to continue breastfeeding once they have returned to work at the service will be treated sympathetically and reasonably and all efforts will be made to support the educator in her choice to continue breastfeeding her child.
- On return to work from maternity leave, female educators may seek to change their work arrangements. The returning staff member will have a meeting with the Nominated Supervisor to try and work out an arrangement which suits the educator, the Nominated Supervisor and also the running of the service. The service will provide Lactation Breaks for the educator to express milk or breastfeed her child. The Nominated Supervisor will be reasonably flexible as to when these occur.
- When an educator is in the process of breastfeeding her child or expressing milk, educator to child ratios cannot be compromised. Educators will work to cover the Lactation Break as they would any other break.

Safe Storage and Heating of Babies Bottles

When preparing bottles always wash your hands first, and ensure that work surfaces bottles and other equipment are clean.

Storing bottles

Formula or breast milk needs to be kept refrigerated (below 5c) or frozen. Formula must be made with pre boiled water only. All bottles need to be labelled with the child's name and the date the bottle was prepared.

Heat bottles only once. Do not allow a bottle to cool and then reheat.

Do not warm bottles in the microwave. Microwaves distribute heat unevenly.

To heat bottles:

- Use a bottle warmer with a timer to prevent over heating
- Before feeding the infant check the temperature of the milk
- **Never microwave breast milk**
- Only warm the milk once and discard any warmed milk that has not been used.

The service will use the bottle warmer as per the manufacturer's instructions.

- Educators will ensure that bottle warmers are inaccessible to children at all times.

Reviewed Jan 2024

