



Breast Feeding & Bottle Feeding Policy:

All mothers have the right to make a fully informed choice as to how they feed and care for their babies. The provision of clear and impartial information to all mothers at an appropriate time is therefore essential.

Nursery staff will not discriminate against any woman in her chosen method of infant feeding and will fully support her when she has made that choice. This policy is designed to ensure good practice, not to dictate the choices of mothers.

The nursery aims to create an environment where more women can choose to breastfeed their babies, and where more women are given sufficient support to enable them to breastfeed as part of their infant's diet for as long as they both wish.

All staff adhere to this policy, therefore eliminating the risk of giving conflicting advice. The nursery works closely with health visitors to provide support for mothers and their babies.

Parents are asked to provide the nursery with the formula milk their child prefers. Staff are willing to feed babies expressed breast milk, brought into the nursery on a daily basis. No provision is made for storing frozen breast milk on the premises.

Expressed milk brought to the nursery must be clearly labelled with the child's name and date and stored in a fridge. It must be used by that child only and in date order (i.e. oldest first).

Expressed milk can be stored preferentially in the back of a fridge at 0-4°C for a maximum of 8 days (if temperature rises above 4°C, use within 6 hours or use immediately), or alternatively stored:

- At room temperature for a maximum of 6 hours.
- In the back of a fridge at 5-10°C for a maximum of 3 days.

Consider using breast milk straight from the fridge to avoid overheating or scalding.

If the milk has separated, shake gently to mix before use.

If the milk smells sour, do not use.

Do not save milk from a used bottle to use at another feeding.

Any left-over expressed milk will be returned to the parent/guardian.



If expressed milk is not provided, an appropriate infant formula will be offered instead.

If expressed milk is accidentally given to the wrong baby, the mother who expressed the milk will:

- Be informed of the switch.
- Be asked about when the milk was expressed and how it was handled before being brought to the nursery.
- Be asked whether she has ever been tested for any communicable diseases (such as HIV) and if so, whether she would be prepared to share this information with the parent/guardian of the child accidentally given the expressed milk. If no test has previously been taken, she should be asked if she is willing to have a test and share the results with the parent/guardian of the child accidentally given the expressed milk.

If expressed milk is accidentally given to the wrong baby, the parent/guardian of the baby given the expressed milk will:

- Be informed of the switch.
- Be advised that the risk of transmission of any communicable diseases (such as HIV) is very small.
- Be provided with information on how the expressed milk was handled prior to being given to their child.
- Be encouraged to inform their GP of the incident.
- Be advised to undergo a baseline test for HIV for their child.

Formula Feeding

- **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 is 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, and level it off 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 on the bottle then screw the retaining ring onto the bottle.
- **Step 10:** Cover the teat with the cap and shake the bottle until the powder is dissolved.
- **Step 11:** It is 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 the 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 after a feed, throw it away.

Dos and don'ts of making up formula feeds:

- Manufacturers' instructions vary as to how much water and powder to use, so it is important to follow them very carefully.
- Do not add extra formula powder when making up a feed. This can make the baby constipated or dehydrated. Too little powder may not give the baby enough nourishment.
- Do not add sugar or cereals to the baby's formula.
- Never warm up formula in a microwave, as it may heat the feed unevenly and burn the 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 one at a time, as the 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 the baby. Or you can run the bottle (with the lid on) under a cold tap.
- Do not use bottled water to make up formula feeds.
- Bottled water is not recommended for making up feeds as it is not sterile and may contain too much salt (sodium) or sulphate.