

## Safeguarding and Welfare Requirement: Health

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.

### Health

#### 6.9 Bottle Feeding, Sterilising and Introducing Cow's Milk



#### Policy Statement

Many of the babies attending nursery will be bottle fed and therefore the following guidelines are in place. This must be shared with parents of bottle fed babies when they start at the nursery.

We aim to follow each child's individual feeding pattern whilst they are at nursery. Parents are asked to share information about their child's feeding pattern with staff and to update staff as and when there are any changes.

All bottle fed babies must have a completed information/routine sheet which clearly state the number of feeds per day, times of feeds and the quantity (ml/oz).

These forms must be updated at least every month or as and when needed. All changes to the baby's routine must be recorded and signed by the parents.

The nursery is not able to make up formula feeds which have been mixed with other powder/food. If parents have an unusual feeding requirement (such as mixing the formula with other powder/food) this must be discussed with the nursery manager. It may be necessary for written confirmation to be gained from the baby's health visitor/doctor.

#### Procedures

- The Current Department of Health Guidance states that, each bottle should be made up fresh for each feed as storing made up formula milk may increase the chance of a baby becoming ill and should be avoided.
- We do not have a dedicated milk kitchen at the nursery and therefore are unable to make up feeds from scratch (except in emergencies).
- Our guidance for parents is as follows:
  - Parents to supply pre-sterilised bottles. There must be one bottle per feed, per day.
  - Parents to ensure each bottle contains the correct amount of boiled water for each feed.
  - Parents to supply pre-measured formula or individual cartons of formula milk.

- Mothercare or other such shop have special containers for measuring out formula feeds. Parents are advised to purchase this container. We do not have the space to store tins of formula at nursery.
- All bottles and formula containers must be clearly labelled.

### ***Warming bottles***

- Bottles should be warmed using either a bottle warmer or by placing the bottle in a jug of boiling water. Prior to serving to the child you must:
  - Shake the bottle well to ensure it is heated evenly.
  - Check the temperature to ensure it is not too hot or too cold.

### ***Staff Procedure for Making up Bottles (Emergency Only)***

- Staff should only make up bottles from scratch in the event of an emergency. The following procedure must be followed at this time.
  - Wash hands with soap and water and then dry
  - Boil fresh tap water in a kettle.
  - **Important:** Allow 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 pre measured amount of formula/liquid formula into the bottle.
  - Seal and shake the bottle well to mix contents.
  - 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.

### ***Sterilising***

- All feeding utensils (spoons and drinking cups) must be sterilised for all children under one year. Staff must consult with parents when the child turns one to ensure they are happy for the nursery to stop sterilising. A child may have a health condition / or other reason why sterilising must continue.

### ***Introducing Cows Milk***

- Current guidelines state that children from their first birthday can be given cow's milk as a drink rather than formula and/or breast milk. Prior to this cow's milk and cow's milk products (yoghurt, cheese etc) may be

introduced in food from 6 months. Cow's milk is normally introduced slowly to allow the child's system to adapt. Staff must consult with parents when the child turns one to ensure they are happy for the nursery to introduce cow's milk to the child.

#### **Further guidance**

- [www.food.gov.uk](http://www.food.gov.uk)