



5.10 App 1

BERTIE'S BOTTLE FEEDING POLICY

This policy should be read in conjunction with the latest NHS guidance, available at <https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/>

Aim

We aim to ensure that we only prepare the best nutritional quality infant formula for babies according to government legal standards and guidelines (see NHS Guide to bottle feeding). By following procedures we minimise the risks of infection to baby when preparing and giving infant formula foods, when storing infant formula foods and when sterilising feeding bottles and feeding equipment. We also ensure that parents/carers preferences are respected with regard to breast or formula milk.

Formula

Infant formula are available in two forms:

- Ready to feed liquid infant formula which is sterile
- Powered infant formula which is not sterile

First infant formula are suitable for new-borns and a baby can continue on this formula whilst being introduced to solids. From one year, a baby can start to drink whole cow's milk in discussion with parents. We insist that parents take the lead in introducing cow's milk or trying different foods when weaning babies in case of any allergic reactions.

Preparation of powdered formula milk :

For step-by-step guidelines see NHS guide to bottle feeding. Ready to feed liquid infant formula should be prepared as and when required in line with the manufactures instructions.

- All powered feeds should be made with fresh boiled water
- When cooling down a feed always ensure that the bottle cover is on
- When holding a bottle under running water ensure that the water does not touch the teat

Storage of Feeds

- All feeds must be prepared as and when required, in order to reduce the risk of contamination and infection
- All formula is supplied by parents, based on their individual child's dietary requirements. They are supplied in original packaging clearly marked with the child's name.
- Parents may bring in a measured amount of infant formula in a small, clean, named container ready for use
- Formula must be 'in date'. Any unused formula should be returned to parents when it reaches its' expiry date.
- Once opened any unused readymade infant formula that remains in the carton needs to be stored in the fridge with the corners turned down for no longer than 24 hrs and the date that the container was opened needs to be clearly marked with a permanent marker
- Any readymade infant formula left over from a feed, which has not been heated, can be stored in the fridge up to four hours and must be discarded after this time
- Powdered Infant formula that has been prepared but not used must be discarded. Powdered formula which has not been heated or used, may be stored in the fridge for up to 24 hours, it can be kept in a cool bag with an ice pack for 4 hours or stored at room for 1hrs. Once powdered and ready made formula have been heated they must not be reheated
- Infant formula should be prepared according to the manufacturer's instructions, before feeding begins, it should be cooled, under a tap, in a bowl of cold water or in the back of the fridge for at least an hour.
- Once prepared infant formula must be used within 2 hours of prep and within 1 hour from when feeding commenced.

Procedure for washing and sterilising feeding equipment

- Hand washing and personal hygiene must be followed at all times
- Parents provide enough sterile bottles, with lids, for their child's feeds. The bottles are kept safely until they required.
- Children who are being bottle fed only use their own bottle
- Once a feed has been completed the bottle is rinsed and then returned to the parents to sterilise at home

Feeding a baby with a bottle or feeding cup

- We will never leave a baby with a bottle or feeding cup unsupervised
- Always ensure that the baby is held in an upright position with their head supported so that they can breathe and swallow comfortably
- Ensure that the baby is taking in milk from the teat and not air
- A baby may need to take short breaks during a feed and at times may need to burp. Hold the baby upright and gently pat/rub the baby's back. This helps to support the baby in bringing up any wind

Babies that are being breast fed

- Expressed milk to be stored in a clean, sterilised container which is clearly labelled with the child's name, date and time when milk was expressed
- Parents to advise in writing if they wish expressed milk to be heated before use
- Expressed milk must be stored away from other foods in a fridge at 4°C or less. Breast milk should be placed at the back of the fridge and never inside the door and should be used within 8 days of the date it was expressed
- Expressed milk can be kept in freezer for 2 weeks from the date it was expressed in the ice compartment
- Expressed milk can be kept for up to 6 months from the date in a freezer at -18 degrees or lower
- All expressed milk being stored must be clearly labelled with the child's name and date expressed
- Expressed milk should be warmed by placing the bottle in lukewarm water to prevent hot spots which may burn the baby's mouth
- Any unused expressed milk to be discarded after a feed
- Expressed milk cannot be reheated

Useful Links

<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/>

https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life_guide_to_bottle_feeding.pdf

This policy was adopted on	Signed on behalf of the nursery	Date for review
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