



Batford Day Care

BATFORD DAY CARE LIMITED BOTTLE FEEDING AND INTRODUCING SOLIDS POLICY

Version	2.0
Based on Model Policy	N/A
Review body:	Day Care Manager
Date issued:	September 2024
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Target audience:	Staff and Parents

Version	Date	Notes
V2.0	September 2024	New Format

Batford Day Care is committed to:

- Safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.
- Eliminating discrimination, advancing equality of opportunity and fostering good relations between different groups. These factors were considered in the formation and review of this policy and will be adhered to in its implementation and application across the whole Batford Day Care community.
- Promoting the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs: any staff member, child or visitor expressing opinions contrary to fundamental British Values, including 'extremist' views, will be actively challenged.

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1. Policy statement

We recognise the important role feeding a young child plays in both nutrition and the development of relationships and this policy has been written to assist day care staff in giving bottle feeds and supporting families with introducing solids to children.

2. Bottle feeding

Parents/carers are supported in their choice to access formula, expressed breast milk or coming back into the setting to breast feed for children. The day care share feeding routines through “all about me” sessions and daily contact and all information is added to their all about me profile. This includes preferred temperatures such as warm, room temperature or cooled. The setting promotes responsive feeding.

Parents/carers provide sterilised bottles to be used, which will be stored in their own labelled containers with name tags on individual bottles.

Children over the age of 1 are supported in their choice to access formula, breast milk or cow’s milk.

All staff must follow the agreed protocol displayed in the kitchen with regards to making bottles.

Babies under the age of 6 months will be offered cooled boiled water between feeds if required. Boiled water will be poured into a jug and placed in the fridge. Water will be discarded at lunch time and new water boiled.

<https://www.nhs.uk/conditions/baby/weaning-and-feeding/drinks-and-cups-for-babies-and-young-children/>

Bottle feeding should be carried out in a quiet, comfortable space, where practitioners can engage with the child through eye contact and communication as appropriate.

The amount of milk a child drinks should be recorded on the child’s care diary sheet, to be shared with parents/carers at the end of each session.

When preparing breast milk or formula milk the bottle chart form must be completed, see appendix 1.

Breast milk protocol

All equipment will be washed, cleaned and rinsed prior to sterilising. All equipment will be steam sterilised following the manufactures guidance. If the steam steriliser is unavailable sterilising fluids or tablets can be used.

MAM bottles are self-sterilising. See manufactures guide on link below.

<https://www.mambaby.com/gb/products-shop/baby-bottles/mam-baby-bottles/mam-easy-start-anti-colic-bottle/>

Storing breast milk

Breast milk must be stored in a sterilised container/bottle or in special breast milk storage bags, in the fridge for up to eight days at 4°C or lower or for up to six months in a freezer if it is -18°C or lower. Breast milk that's been cooled in the fridge can be carried in a cool bag with ice packs for up to 24 hours. All Breast milk brought into the day care must be clearly labelled with the child's name and dated.

Defrosting breast milk

It's best to defrost frozen breast milk slowly in the fridge before giving it to your baby. If you need to use it straight away, you can defrost it by putting it in a jug of warm water or holding it under running warm water. Once it's defrosted, give it a gentle shake if it has separated. Use it straight away. Do not re-freeze milk that's been defrosted. Once your baby has drunk from a bottle of breast milk it should be used within 1 hour and any left-over milk disposed of.

Warming breast milk

Breast milk can be used to feed straight from the fridge if the baby is happy to drink it cold. Milk may also be warmed to body temperature by putting the bottle in a jug of warm water or holding it under running warm water. Once the baby has drunk from a bottle of breast milk it should be used within the hour and any left-over milk disposed of. Do not use a microwave to heat up or defrost breast milk. This can cause hot spots, which can burn your baby's mouth.

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

Formula milk protocol

All equipment will be washed, cleaned and rinsed prior to sterilising. All equipment will be steam sterilised following the manufactures guidance. If the steam steriliser is unavailable sterilising fluids or tablets can be used.

MAM bottles are self-sterilising. See manufactures guide on link below.

<https://www.mambaby.com/gb/products-shop/baby-bottles/mam-baby-bottles/mam-easy-start-anti-colic-bottle/>

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 formulas 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 tightly onto the bottle. Make sure the ring is attached firmly.
- 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.

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

Introduction of solids

After the age of six months and when parents/carers and staff agree that it is appropriate to introduce solids to a child, children will be introduced gradually to a variety of solid food that is appropriate at this age. This food will be prepared and provided by the Day Care Chef.

During the first few months, the children will still require regular milk feeds until they are fully transitioned onto solid foods.

Cow's milk can be introduced over the age of 1 after staff have liaised with parents/carers.

Staff will continue to discuss and share progress with parents/carers through the transition period of introducing solids.

Parents/carers will be asked on the child's 'all about me' session if they are happy for their child to access our full menu. If parents/carers would like to slowly introduce different food or offer food at home first we will work in partnership and support their choices.

<https://www.nhs.uk/conditions/baby/weaning-and-feeding/babys-first-solid-foods/>

