



## Feeding babies

### Bottle feeding, breast feeding and weaning

The children's individual needs will be discussed with parents to ensure that they are met.

Feeds will be prepared as and when they are required by the babies and not as part of the nursery routine.

#### **Breast Milk Policy**

Childhaven has put into place a Policy and associated Procedures to detail those arrangements necessary for the safe storage and use of breast milk.

#### **Containers**

- Breast milk should be brought to Nursery in a sterilized bottle or in a sterile breast milk bag, suitable for the purpose of refrigerated storage and clearly marked with the infant's full name.
- Bottles will be returned to parents/carers at the end of each day. The containers will be washed **but not sterilized**.
- Parents must ensure that the container is sterilized before re-use.

#### **Storage**

Breast milk should be provided on a daily basis, unused milk will be discarded at the end of each feed.

#### **General Handling**

Childhaven staff will ensure that the following Policy is strictly adhered to:

- Breast milk is to be kept sterile at all times.
- DO NOT leave breast milk at room temperature for more than 1 hour.
- DO NOT heat breast milk on the stove or in the microwave.

## **Breast Milk Procedures**

The following procedures are to be used by all staff handling, storing or using breast milk to feed an infant:

### **On Delivery:**

- Ensure that the parent has provided the breast milk in an airtight bottle clearly marked with the child's name and dated.
- Breast milk is to be placed at the back of the fridge where it is the coolest prior to feeding an infant with breast milk.
- Before feeding an infant with breast milk, ensure that a positive identification of the child is made, the date is checked and the correct breast milk is fed to the correct child.

### **Warming Breast Milk**

- Breast milk is to be warmed to a suitable body temperature to take the 'edge' off the milk by placing it in a bottle warmer.
- The milk is then to be checked for temperature to ensure that the milk is cool enough for the baby to drink.
- Never heat breast milk on the stove or in the microwave.

### **Feeding an Infant with Breast Milk**

- Feed the baby as normal using a suitable bottle and teat.
- Ensure that the baby is 'winded' correctly.

### **After feeding an infant with Breast Milk**

- Unused breast milk (in that bottle) is to be discarded after 1 hour.
- Record feed time and amount taken by the infant.
- After final feed or at the end of the day discard all unused breast milk stored for that child.

## **Hygiene**

Breast milk is a bodily fluid, which carries with it a (small) risk of infection and/or disease.

Childhaven will advise staff handling or carrying out the feeding of breast milk to protect themselves against the risks of infection by:

- Implementing good hygiene practices.
- Avoiding actual contact with the breast milk.
- Only employees who have undertaken training by management will undertake feeding preparation duties.

## Formula Milk Policy

Those parents whom have requested their child to have formula milk at nursery must either:

- Provide either: a carton of ready to use formula milk, a sealed pre-prepared formula powder as originally purchased or prepared- formula powder in a sealed airtight container (with suitable pre-measured compartments which is named) alongside a suitable named bottle.
- In the above circumstances the Baby Room leader must ensure that if a parent provides a bottle and separate formula powder the parent must state in writing the amount of boiled water that is to be used to make the formula milk i.e. If a baby is provided with enough powder for 6 oz of milk then the written permission must state 6 oz of water.
- This written permission should be included on a sticker and placed onto the airtight containing the milk formula.
- Provide suitable ready-made formula milk in cartons, which can be opened and then discarded at the end of the day.
- The formula milk carton is to be warmed as advised on the carton itself.
- **All items MUST be clearly named and dated.**

## Formula Milk Procedures

The following procedures are to be used by all staff, handling, storing or using formula milk to feed a baby.

**On Delivery:** Ensure that the parent has provided the powder in an airtight container /or a carton of formula milk and a pre-sterilised bottle clearly marked with the baby's name and date prior to feeding a baby with formula milk.

**Before feeding a child with formula milk, ensure that;** A positive identification of the baby is made, and the correct formula milk is fed to the correct baby.

## **Preparing Formula Milk**

**To prepare a baby's formula milk staff must;**

- Put on disposable apron (advisable but not mandatory).
- Read thoroughly the parent's instructions to indicate the amount of water that is to be boiled.
- Clean and disinfect the surface that will be used to prepare the feed.
- Wash hands.
- Measure the correct quantity of boiled water into the bottle.
- Allow the water to cool for at least 20 minutes so that it reaches a temperature of approximately 70 degrees.
- Mix into the water the correct measurement of formula powder from the premeasured powder container.
- Attach the sterilised teat and shake the bottle vigorously until the powder is dissolved.
- The milk is then to be tested using a temperature probe so that it is at body temperature.
- If the milk is still too warm to feed the baby with, hold the bottle under cool running water until it cools. Repeat the above step.

## **Feeding a baby with Formula Milk**

- Feed the baby as normal using their bottle and teat.
- Ensure that the baby is 'winded' correctly - following the advised 'winding' technique.

**The following procedures are to be used by all staff, handling, storing or using formula milk to feed a baby:**

- On delivery ensure that the parent has provided a carton of formula milk and a presterilised bottle clearly marked with the baby's name.
- Before feeding a child with formula milk, ensure that a positive identification of the baby is made, and the correct formula milk is fed to the correct baby.

## **Feeding a baby with Formula Milk**

- Feed the baby as normal using their bottle and teat.
- Ensure that the baby is 'winded' correctly.
- After feeding a baby with formula milk discard any milk that has not been used within 1 hour.
- Record feed time and amount taken by the baby.

## **Staff Responsibilities**

- Staff will follow the correct procedures for handling either formula or breast milk and will adhere to both Food Hygiene standards and Health and Safety guidelines.
- Staff will adhere to this policy and its procedures.
- Staff will record the amount of formula or breast milk consumed by the baby in the baby's diary so that the parent can be informed of the child's intake for that day.
- During a feed, babies will never be left unsupervised. A member of staff (if possible their key person) should hold the baby and sit on the armchair.
- Staff are not required to wear gloves or aprons when feeding bottles to babies as it is important to make them feel comfortable and to feed them in a 'home like' environment.

### **Weaning:**

- The nursery introduces first solid food to the child with the parent's direction.
- Food will not be given before the recommended age without consultation with the child's Health Visitor.
- There will be special considerations for children who are born prematurely and we will consult with professionals regarding this.
- The nursery provides fresh, fruit and vegetables, soft cooked meat such as chicken and beef mince, fish, pasta, noodles, toast, lentils and rice. Also, full fat dairy products such as yoghurt, fromage frais or custard (we choose products with no added sugar or less sugar). Cows' milk can be used in 2 of 2 or mixed with food from 6 months. Our menu reflects and supports our food and nutrition policy.
- The child will be introduced to more coarse textures and finger foods at the appropriate development stage (not by their age) according to weaning guidelines.
- Any weaning plans the parents wish their child to follow will be followed by the nursery.
- Childhaven provide an adapted version of the full nursery menu to suit the first stages of weaning.
- At the end of the weaning process the child moves on to the nursery menu taking in to account any special dietary requirements.
- Childhaven Nursery offers advice and support to any parents that would like it, throughout the weaning process.
- Childhaven have a support document available containing advice from NHS and NDNA as well as signposting to alternative websites.

## Staff Responsibilities

- At each mealtime and snack time the **lead member of staff** will be responsible for checking that the food being provided meets all the requirements for each child.
- Lead staff will have ongoing discussions with parents/carers where appropriate, health professionals to develop allergy action plans for managing any known allergies and intolerances. The information will be kept up to date and shared with **ALL** staff.
- Individual dietary requirements required for medical or cultural reasons will be respected and where possible catered for. We will gather information from parents regarding their children's dietary needs. Where appropriate we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual diet plan for their child.
- **All** staff are trained to be aware of the symptoms and treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time, especially during the introduction of solid foods which is sometimes called complementary feeding or weaning.
- **All** staff will ensure that babies and young children are seated safely in a highchair or an appropriately sized low chair while eating.
- Children will always be in sight and hearing of a member of staff whilst eating. Staff should sit facing children whilst they eat to prevent choking and prevent food sharing in case of any other children with allergies.
- **All** staff have valid paediatric first aid certificate.
- Any choking incident that requires intervention will be recorded and the details about where and how the child choked. Parents/carers will be informed and made aware.

### During meals, the adults will:

Make meal times an enjoyable, social occasion.

Use meal and snack times to help promote children to develop independence by:

- Setting the tables,
- Participating in the preparation of meals and snacks when appropriate.
- Making choices, serving food and drink, and feeding themselves.
- Encourage children to eat the 'healthy' components of their meal before any 'treats' and talk about the difference between savoury and sweet.
- Model good eating habits by sitting talking and at times eating meals with the children.

- Encourage lots of conversation, table manners, and use of words such as 'please' and 'thank you'.
- Use photographs as a discussion point at the table to encourage further conversations whilst eating together.

**Infant Feeding Policy 2025-2026**

**Date policy put in place: September 2025**

**Next review date: September 2026**

**To be reviewed by: Headteacher**