

Formula / Breast Milk Preparation Procedure

This procedure is in place to establish safe practices with regard to formula and breast milk preparation within the nursery.

The babies feeding routine will be discussed with the mother and key person. Arrangements can be made for the mother to come in to breastfeed/express.

The key person will share information with the parents regularly to ensure bottle and milk are given at correct times. All bottles are signed in on the daily register on arrival at nursery.

Expressed milk can be stored either in our fridge or may be brought in frozen, where we follow guidance.

FORMULA MILK

In accordance with the guidelines on safe practices from the NHS and DOH, and to reduce the risk of bacterial growth we recommend that:

- Formula milk powder is measured out correctly at home and stored in individual containers before being brought into nursery. Along with a sterile bottle filled with the correct amount of cooled boiled water labelled with your child's name.
- Formula feeds are prepared immediately before they will be used.
- Alternatively parents can provide the ready-made cartons or bottles of feed for use.
- On entering the nursery the bottles will be labelled and placed on the shelf in your Childs basket

Preparation of formula milk

Team members will:

Step 1	Clean and disinfect the area you are going to use, Wash your hands and put on a white apron.
Step 2	Add the formula milk powder in the bottle while the water is still hot,

	place the lid back on the bottle and shake until the powder is fully dissolved.
Step 3	Warm the formula feed by placing it into a jug of warm water (use bottle warmer or water from flask)
Step 4	Test the temperature of the formula feed 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 5	When the feed is at the correct temperature for the baby wash your hands and feed the baby the formula. Always make sure the baby has a clean bib on before the feed.
Step 6	Rinse out the bottle and place the empty bottle into the Childs basket on the shelf.

Any feed not used within 1 hour of it being made will be discarded.

BREAST MILK

We aim to make our mothers feel comfortable in our nursery should they wish to breastfeed their babies whilst here. We encourage mothers to bring to nursery expressed breast milk to offer their child during the day at nursery.

The following guidelines have been implemented in order to maintain the high nourishment content of breast milk and to limit contamination and germ cultivation, in accordance with the NHS and DOH.

- Breast milk should be brought to nursery in a labelled plastic container or a sterile bottle ready for use.
- On entering nursery the bottles/containers of breast milk will be stored as below:

Refrigerated breast milk storage

- Should be stored in main body of temperature controlled fridge
- Maybe stored safely in the fridge for 24 hours from being defrosted or expressed.

Frozen breast milk

- Should be stored in temperature controlled freezer
- Should be brought into nursery in a hard plastic container labelled with the child's name and the date the milk needs to be used by.
- If frozen to be defrosted at nursery by swirling in a bowl of warm water (not a microwave or hot water as this causes nutrient break down)
- Can be stored in the freezer for two weeks after being expressed (milk should be clearly labelled by parent with use by date)

Preparation of breast milk

Team members will:

Step 1	Clean and disinfect the area you are going to use, Wash your hands and put on a white apron.
Step 2	Warm in a bowl of warm water on counter top.
Step 3	Test the temperature of the formula feed 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 5	When the feed is at the correct temperature for the baby wash your hands and feed the baby the milk. Always make sure the baby has a clean bib on before the feed.
Step 6	Rinse out the bottle and place the empty bottle into the Childs basket on the shelf.



Any feed not used within 1 hour of it being made will be discarded.

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>September 2022</i>	<i>Emilia Olkowska</i>	<i>September 2023</i>