



## Bottle Feeding Policy 2017-18

## **Bottle Feeding**

### **Policy statement**

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 2011). By following procedures we minimise the risks of infection to baby when preparing and giving infant formulae foods, when storing infant formulae foods and when sterilising feeding bottles and feeding equipment. We also ensure that parents preferences are respected with regard to breast or formulae milk.

### **Types of formulae**

Infant formulae are available in two forms:

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

First infant formulae are suitable for newborns 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 pages 12 -16 (appendix 1)

Ready to feed liquid infant formulae should be prepared as and when required in line with the manufactures instructions.

- 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.
- Some parents may bring in a measured amount of infant formulae in a small, clean, dry container ready for use
- Once opened any unused infant formulae 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 need to be clearly marked with a permanent marker.
- Any infant formulae left over from a feed can be stored in the fridge up to four hours and must be discarded after this time.
- Infant formulae that has been prepared and kept in the room but not been used must be discarded.
- Made up and unused formulae may be stored in the fridge for up to 24 hours
- Made up formulae stored at room temperature must be used within 2hrs

## **Procedure for washing and sterilising feeding equipment**

- Hand washing and personal hygiene must be followed at all times
- Before sterilising always wash and rinse feeding equipment. Children's own bottle brushes must be used for washing bottles. These should be clearly labelled with the child's name and hung with children's dummies to be allowed to dry.
- Wash feeding bottles and teats in hot soapy water immediately after feeding using a clean bottle brush.
- Rinse in clean cold running water before sterilizing.
- Ensure that there is no air trapped in the bottles or teats when placing them in the sterilising unit.
- Keep all equipment under the solution with a floating cover
- The sterilising solution must be changed every 24 hrs.
- All feeding equipment must be left in the sterilising solution for at least 30mins.

## **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 feed**

- Expressed milk to be expressed and stored in a clean, sterilised container which is clearly labelled with the child's name, date and time.
- Breast 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 5 days of the date it was expressed.
- Breast milk should be warmed by placing the bottle in lukewarm water to prevent hot spots which may burn the baby's mouth.