



# Waltham Pre-School

## Bottle Feeding

### Policy Statement

### Parent and Practitioner Formula Milk Preparation and Feeding Guidelines

Practitioners at Waltham Pre-School follow guidelines for preparing formula milk for infants in accordance with policy published by The Food Standards Agency and The Department of Health and Social Care.

We ask that parents help with this in the following ways:

- Bottles should be sterilised, with a separate pot of formula.
- Bottle must be fully assembled with the teat and lid in place, to prevent the inside of the sterilised bottle and the inside and outside of the teat from being contaminated.
- Formula powder should be measured out and labelled clearly with the child's name and ounces required.

According to the Food Standard Agency and Department of Health and Social Care the best way to prevent a baby becoming ill is to make up all formula feeds fresh, as and when they are required.

Practitioners will follow the routine below to ensure best practice when carrying out this task:

- Clean the surface thoroughly on which to prepare the feed
- Wash hands with soap and water and then dry.
- Boil fresh tap water in a kettle.
- Allow the boiled water to cool to no less than 70 degrees. This means in practice using water that has been left covered, for less than 30 minutes after boiling.
- Pour the amount of boiled water required into the sterilised bottle.
- Re-assemble the bottle following manufacturer's instructions.
- Shake the bottle well to mix the contents.
- Cool quickly to feeding temperature by holding under a running tap or placing in a container of cold water.
- Check the temperature by shaking a few drops onto the inside of your wrist – it should feel lukewarm, not hot.
- Discard any feed that has not been used within two hours.

Food Standards Agency and Department of Health, found at:  
<http://www.food.gov.uk/multimedia/pdfs/formulaguidance.pdf>

In line with the Nursery Food and Drink policy, we are unable to reheat or serve pre-prepared formula brought in from home. We recognise that parents may wish to provide pre-prepared milk in sealed cartons so when warming milk feeds for babies, the practitioners will carry out the following guidelines:

- Transfer the formula to a sterile bottle
- Warm by placing in a container of warm water. In accordance with the Food Standards Agency and the Department Of Health and Social Care.
- Microwaves should never be used for warming a feed.
- Shake the bottle to ensure the feed has heated evenly.

- Check the feeding temperature by shaking a few drops onto the inside of the wrist - it should be lukewarm, not hot.
- It is bad practice to leave a bottle warming for longer than 15 minutes. Therefore, any feed that is left to heat for longer than 15 minutes will be discarded.