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## *Infant Feeding Policy*

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### Statement of Intent:

The Nursery participates in the active encouragement of mothers to breast feed their babies. Therefore, the Nursery has put into place a Policy and associated Procedures to detail those arrangements necessary for the safe storage and use of breast milk.

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

#### Containers

- Breast milk should be brought to the 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

#### Storage

Breast milk should be provided daily; unused milk will be discarded at the end of each feed.

#### General Handling

Carers will ensure that the following Policy is strictly adhered to:

- Breast milk is to be always kept sterile
- 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

#### Nursery 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 or bag 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, using a temperature probe.
- DO NOT 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 thawed and unused breast milk stored for that child.

### Hygiene

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

The Nursery Policy is to advise staff handling or carrying out the feeding of breast milk to protect themselves against the risks of infection by:

- Implementing good hygiene practices
- Using the PPE provided (advisable but not mandatory)
- Avoiding actual contact with the breast milk
- Only employees that hold a level 2 food hygiene, and been trained in safer food better business or have undertaken training by management will undertake feed preparation duties

### Formula Milk Policy

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

- Provide an unopened carton of ready to use formula milk, alongside a suitable named bottle.
- In the above circumstances the Manager must ensure that if a parent provides separate bottle and formula powder the parent must state the amount of boiled water that is to be used to make the formula milk.
- 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 can be included in either the child's enrolment form or via the Blossom app.
- Provide suitable ready-made formula milk in cartons, which can be opened at nursery then discarded at the end of the day.
- The Formula Milk carton is to be warmed as advised on the carton itself.
- On the date the tub of Formula Milk is opened, this will be written on the tub itself alongside the child's name. We will follow the manufacturers guidelines of the timeframe this can be used in and write the use by date on the tub. Parents will be notified if Formula Milk is running low or near it's use by date and asked to bring more in.

### 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 unopened tub /or a carton of formula milk and a pre-sterilised bottle clearly marked with the baby's name 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 babies formula milk staff must;

- Read thoroughly the parents' instructions to indicate the amount of water that is to be boiled.
- Boil the kettle and leave to cool slightly
- Wash hands
- Measure the correct quantity of 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 pre-measured powder container
- Attach the sterilised teat and shake the bottle vigorously
- 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

### 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 2 hours
- 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 should record the amount of formula or breast milk consumed by the baby in the baby's diary (via Blossom) 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.
- 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.

The following procedures and documentation in relation to this policy:

### Nursery Policies

- Allergy Policy
- Health and Safety Policy
- Packed Lunch Policy
- Healthy Eating and Nutrition Policy
- Food and Drink Policy

### National Guidance

This policy was drawn up using a range of national documents including:

*Updated: Sep 22, Jan 23, Sept 24, August 25*

- National Food trust and Food policy in schools.
- Statutory Framework for the Early Years Foundation Stage 2025– *Section 3- The Safeguarding and Welfare requirements- Food and Drink.*
- Statutory Framework for Early Years Foundation Stage 2025 – *Section – Safer Eating*
- Early Years Nutrition Guidance 2025