

**Bottle Policy**

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

Staff at The Nest @ Little Pips follow guidelines for preparing formula milk for infants in accordance with policy published by The Food Standards Agency and The Department of Health.

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

Bring in your infant’s bottle **sterilised and fully assembled** with the teat and lid in place. This prevents the inside of the sterilised bottle and the inside of the teat from being contaminated. (Alternatively, the Nursery can provide a fully-sterilised bottle for feeding baby, if required)

Provide the **formula powder inside its original container**: this is the best way for practitioners to ensure they are preparing feeds correctly, in accordance with the guidelines detailed on the packet or tin.

Label to formula container with **child’s full name and date of opening**

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

The Nest @ Little Pips will follow the routine below to ensure best practice when carrying out the task:

* Wash your hands and put on PPE (apron and gloves)
* Wipe clean the surfaces using anti-bacterial spray
* Boil the kettle (ensuring water is only boiled once)
* Fill bottle to required measurement (ounces/ml)
* Add formula powder (levelled spoon and carefully count each spoonful)
* Shake bottle with the lid on until the formula powder has dissolved
* Allow bottle to cool using a bowl of cold water or running cold tap (ensuring the lid is on)
* Always test temperature of bottle on the inside of your wrist before feeding a child- it should feel warm and cool but not boiling hot
* Empty kettle- ensuring it is ready for the next feed
* Sit with child while they are being fed (they should not be left unsupervised)

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 re-warming milk feeds for babies, the practitioners will carry out the following guidelines:

* Transfer the formula to a sterile bottle
* Re-warm using a bottle warmer, or by placing in a container of warm water. (In accordance with the Food Standard Agency and the Department of Health: Microwaves should not be used for re-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
* Bottles should not be warmed for more than 15 minutes; any feed left heating for more than 15 minutes should be disregarded.