

## **Bottle Feeding**



### **Purpose**

At Janelle Street Centre we believe in giving children and Educators a safe and hygienic environment to prepare and feed bottles that meet the current standards.

### **How to apply:**

To ensure that all children requiring bottles have them prepared safely and hygienically Educators will ensure that they adhere to service policies and procedures to maintain children's health and safety.

- Ensure that the Nominated Supervisor and educators are aware of the procedures for preparing, heating, and storing bottles of formula and breast milk.
- Ensure that children always have access to safe drinking water and are consistently offered food and beverages appropriate to their individual needs.
- Develop procedures for safe storage and heating of bottles.
- Seek to provide a supportive environment for breastfeeding.
- Store all filled bottles at the back of the refrigerator not in the door.

### **Families will:**

- Be informed during orientation that children's bottles must be clearly labelled with the child's name.
- Label all bottles
- Be encouraged to supply breast milk in well labelled, multiple small quantities to prevent wastage.
- Be encouraged to keep formula powder at the service so that the formula can be prepared as required. Tins of formula must be clearly labelled with the child's name. Formula in tins must be used within 2 weeks of being opened.
- Be asked to provide a labelled bottle(s) for use at the service for children having regular cow's milk in their bottles,
- Be encouraged to communicate regularly with educators about children's bottle and feeding requirements either in person or through the communication book.

### **Storing Bottles**

- Formula or breast milk needs to be kept refrigerated or frozen.
- The fridge has a digital thermometer which will be checked twice daily and the temperature recorded..
- All bottles need to be labelled with the child's name.
- It is best to make up fresh formula for each feed and give it to the child as soon as it has cooled. Formula is to be made up with cooled boiled water so shouldn't be too far off feeding temperature. If this is not possible the freshly made formula should be cooled immediately and stored in the back of the refrigerator (where it is

coldest) for no more than 24 hours. Throw away any formula that is left over. Do not freeze or reheat leftover made-up formula.

## Bottle Preparation Procedure

### Storage and Use

1. Store all bottles in the back of the refrigerator where it is coldest. Do not store bottles in fridge door.
2. Store breast milk/made infant formula bottles in fridge for the day; throw out all leftovers at the end of the day.
1. Once a bottle has been given to an infant throw out any leftover breast milk/formula feed. Do not put back into fridge and do not leave out at room temperature for later use.

### Thawing Frozen Breastmilk

1. Thaw frozen breast milk in the refrigerator or if necessary by placing bottle in warm water (shake gently if the breast milk has separated).
2. All frozen breastmilk thawed in warm water should be used immediately. Discard any leftovers.
3. Frozen breastmilk left to thaw in the fridge can be kept in the fridge for the day. Once it has been taken out of the fridge for a feed, it should be warmed and used immediately. Discard any leftovers after the feed.

### Warming Breastmilk and Infant Formula

1. Warm breastmilk/infant formula bottles by standing the bottle upright in warm tap water for no more than 15 minutes just before use.
2. Bottle warmers can be used, but they must have a thermostat control. Bottles should only be warmed using this equipment for less than 10 minutes. Follow manufacturer's instructions.
3. **Never** microwave breastmilk/infant formula.
4. Before feeding the infant, shake the bottle and test on the inside of your wrist to make sure it is not too hot. Milk should not feel hot or cold on wrist/forearm. Milk should only be heated once and any leftover milk should be discarded.
5. Never refreeze thawed breastmilk.

## Protocols for the Correct Identification of Expressed Breastmilk

It is very important that the correct breastmilk be given to the correct infant. Giving an infant the breastmilk from a different mother is a major incident.

Educators should be aware of and follow the correct procedures for identifying and managing expressed breastmilk:

6. If more than one infant is receiving breastmilk at the service two educators need to check that the correct name is on the bottle for the infant about to be fed. This should also be noted on the infant's Feeding record on the nursery whiteboard
7. If an infant is given the wrong breastmilk the service's usual incident procedures should be followed. This may include reporting incident to a local authority. **The infant's mother should be notified immediately.**
8. Educators should also advise the infant's mother to contact their general practitioner or child health nurse for advice.

## The Feeding Environment and Safe Positions

1. Infants should be in a semi-upright or upright position when being fed. For example:
  - on your lap facing to the side
  - in a highchair ensuring good trunk support and safety strap used through legs to avoid slipping.

### Unsuitable Feeding positions:

1. **Never** 'prop' feed an infant – this is when a bottle is propped up by a cushion, towel, or other support to keep it in the infant's mouth. This means that a person is not holding the bottle and the child is left unsupervised whilst feeding. Increases risk of choking and possible over feeding.
2. Do not lie an infant in a cot on the floor or on cushions during feeding.
3. Sitting to the side of the infant requires them to turn their head to the side for food. The child's trunk is less stable, and they are not feeding with head in midline position.

Unsuitable feeding positions can increase the risk of problems such as Tooth Decay, Choking, Middle Ear Infections

### **Sources:**

Caring for Children Birth to 5 years, Section 1. Nutrition for Infant and Toddlers (Birth to 24 months), Safe Bottle Feeding, Page 13

Caring for Children Birth to 5 years, Section 1. Nutrition for Infant and Toddlers (Birth to 24 months), Thawing Breastmilk, Page 14

Caring for Children Birth to 5 years, Section 1. Nutrition for Infant and Toddlers (Birth to 24 months), Warming Breastmilk and Infant Formula, Page 14

Caring for Children Birth to 5 years, Section 1. Nutrition for Infant and Toddlers (Birth to 24 months), Protocols for the Correct Identification of Expressed Breastmilk, Page 15

Caring for Children Birth to 5 years, Section 1. Nutrition for Infant and Toddlers (Birth to 24 months), The Feeding Environment and Safe Positioning, Page 18-19

## QUALITY AREA 2: CHILDREN'S HEALTH AND SAFETY

2.1 Health - Each child's health and physical activity is supported and promoted.

2.1.1 Wellbeing and comfort - Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest, and relaxation

2.1.2 Health practices and procedures - Effective illness and injury management and hygiene practices are promoted and implemented.

2.1.3 Healthy Lifestyles - Healthy eating and physical activity are promoted and appropriate for each child

2.2 Safety - Each child is protected

2.2.1 Supervision always - reasonable precautions and adequate supervision ensure children are protected from harm and hazard.

**Adopted: April 8, 2021**

**Review No. 3: October 12, 2023**