



2.11 INFANT FEEDING

Purpose Statement

Infants grow and develop more rapidly than at any other time of their life. This means that they have particularly high nutritional needs therefore appropriate infant feeding practices are needed to support their growth.

Scope

This policy applies to all salaried full time and part time staff (including casuals), educators and contractors.

Definitions

EBM: expressed breast milk

Policy Statement

EDUCATORS WILL WORK TOGETHER WITH PARENTS/CAREGIVERS TO ENSURE THAT INFANTS ARE BEING FED IN WAYS THAT PROMOTE HEALTHY GROWTH. BOTTLE FEEDING PROCEDURES (HERE WITHIN) WILL GUIDE ALL EDUCATORS IN FEEDING INFANTS BOTH EXPRESSED BREAST MILK (EBM) AND FORMULA.

Procedures

Bottle Feeding

Bottle feeding both with formula and EBM is encouraged and supported for children under 12 months of age. Mothers are welcome to come in and breast feed their child if this is convenient. Educators will follow correct hygiene, health and safety procedures at all times. Children will be encouraged to drink from a mug after 12 months (where developmentally appropriate).

Storing Bottles

1. All bottles are to be labelled with the child's name.
2. All formula tins/containers are to be clearly labelled with the child's name
3. Bottles are to be made up as needed
4. Where bottles are not used immediately, they are to be stored in the fridge (not in side doors but rather the body of the fridge).

Preparing Bottles

1. Educators must wash their hands prior to preparing bottles
2. Gloves are to be worn if the educator is required to touch the teat of the bottle
3. The instructions on the tin must be followed when preparing a bottle.
4. When handling breast milk wear gloves



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5. To defrost EBM leave the frozen container standing in the fridge or place under cool running water and gradually increase warmer water until the EBM becomes liquid.
6. Frozen EBM must be used within 12 hours of thawing.

Procedures for Warming Breast Milk and Formula

1. When warming breast milk the microwave is not to be used under any circumstances. Procedures for warming a baby bottle are:
 - a. Fill a container with hot water (not boiling) from the tap
 - b. Stand the bottle in the container and let sit for no longer than 10 minutes
 - c. Roll the milk to ensure it is mixed and warmed (avoid excessive shaking)
 - d. Check the temperature of the bottle contents by placing a few drops on the inside of your wrist before feeding the child

NOTE: the temperature of the milk should be comfortably warm (lukewarm/body temperature)

2. When warming formula, bottle warmers or the microwave can be used. For bottle warming procedures, please follow instructions as per bullet point 1/ above (Procedures for Warming Breast Milk). If using the microwave to warm formula, the following applies:
 - a. Warm only refrigerated formula in the microwave
 - b. Bottle must be standing up when being warmed
 - c. Leave the bottle top uncovered to allow heat to escape
 - d. Warm at low power for no more than 30 seconds. Repeat for an additional 15 seconds if required.
 - e. Shake the bottle to ensure it is mixed and warmed
 - f. Check the temperature of the bottle contents by placing a few drops on the inside of your wrist before feeding the child (*NOTE: the temperature of the milk should be comfortably warm - lukewarm/body temperature*)
3. All milk given to children cannot be frozen or heated more than once. Hence if a child does not drink all the bottle, leave it standing in jug of hot water and try again in 10 minutes. If after an hour the child is still not interested throw the milk out.
4. The amount of milk consumed must be recorded on the child's feeding schedule.

Safe Feeding

Educators must wash their own hands and a child's hands before feeding. Immediately prior to giving a bottle it is the responsibility of the educator to check the name label on the bottle correlates with the child. Children must be closely supervised at all times when being bottle fed.



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Making sure children are in a safe feeding position is critical when bottle feeding. The following rules apply:

1. Children will not be given bottles while in the cot or lying down.
2. Children should be in a semi up right position when being fed (ie on your lap or in a high chair).

Relevant Standards/Legislation

- National Quality Framework for Early Childhood Education and Care Services including:
 - Education and Care Services National Law 2011
 - Education and Care Services National Regulations 2011

Related Policies & Links

- Bottle Feeding Poster

Bottle Feeding Babies



Bottle feeding babies is important. Here are some tips to make bottle feeding a comfortable experience.



Tip 1: Storing Bottles



- Only make bottles up as they are needed
- Make sure the child's name is clearly recorded on a label
- Store bottles in the fridge if not used immediately

Tip 2: Preparing Bottles



- Wash your hands
- Always wear gloves if you need to touch the teat of the bottle or handle breast milk
- Follow the instructions on the tin when preparing formula.
- Defrost expressed breast milk in the fridge or under cool running water.

Remember that frozen breast milk must be used within 12 hours of thawing

Warming Expressed Breast Milk (EBM)

Tip 3: Getting the temperature right



1. Fill a container with warm to hot water (not boiling) from the tap
2. Stand the bottle in the container. Sit for no longer than 10 minutes.
3. Roll the milk to ensure it is mixed and warmed. Avoid shaking the bottle.
4. Check the temperature of the bottle, by shaking a few drops on to the inside of your wrist. It should be about room temperature (lukewarm)

Note: Never use a microwave to warm breast milk

Warming Formula in the microwave



1. Warm only refrigerated formula in the microwave
2. Ensure the bottle is standing upright and leave the top uncovered to (remove the lid and teat)
3. Warm at low power for 30 seconds. Repeat for an additional 15 seconds if required.
4. Gently shake the bottle to ensure it is mixed and warmed through

5. Check the temperature of the bottle, by shaking a few drops on to the inside of your wrist. It should be about room temperature (lukewarm)

Remember:

- Milk given to children cannot be frozen or heated more than once.
- If a child does not drink all the bottle, leave it standing in jug of hot water and try again in 10 minutes, if after an hour the child is still not interested throw the milk out.
- To record the amount of milk consumed by the child on their feeding schedule.



Safe Feeding

- Babies and infants must be closely supervised when being bottle fed
- Before feeding, make sure the name label correlates with the child
- Establish a safe feeding position
- Do not give babies or infants a bottle while they are lying down flat or in a cot

