



LITTLE ELLIES

Breastfeeding and Formula Milk Policy

Policy Creation & Review	
Author(s)	Manager
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Little Ellies Breast feeding & Infant Milk Policy

Little Ellies promotes breastfeeding as the healthiest way for a woman to feed her baby. All mothers with children of breastfeeding age who attend the nursery will have access to clear and impartial information to enable them to continue to breastfeed/provide expressed breast milk whilst their child attends the nursery. Members of staff will not discriminate against any woman in her chosen method of infant feeding and will fully support the choice the mother has made. We value a mother's choice to continue breastfeeding up until age 3. Mothers are welcome to breast feed their babies where they feel most comfortable at the Beckton and Royal Docks Children Centre site, this includes a specific room designated for private breastfeeding.

The Nursery will aim to:

- Ensure that the health benefits of breastfeeding are promoted at the setting.
- Have access to support and information enabling mothers to continue to breastfeed.
- Acknowledge Early Years Settings as key places to promote breastfeeding.
- Promote breastfeeding as a normal everyday activity as part of the child's routine.
- Have access to support and information on formula bottle feeding.

Responsibilities of the Nursery (Breast milk):

- Key staff will have sought guidance from the UNICEF breastfeeding website.
- Provide a designated area in the fridge for the Expressed Breast Milk (EBM) to be stored in. The facility must be set between 0-5 degrees centigrade (this needs to be checked daily).
- The milk must be stored in the main body of the fridge and not the door.
- The milk must be used in date order.
- Take all actions needed to ensure all feeding items, preparation items and workstations are disinfected and sterilised accordingly.
- When stored, the cream and the milk may separate out - this is only when the breast milk has been defrosted. This is normal. Shaking the bottle is necessary.
- Acknowledge that breast milk may not always be white in colour. A blue, pink or yellow hue is normal and does not indicate a problem with the milk.
- Only reheat EBM by holding it under running warm water or standing the bottle in hot water ensuring water doesn't enter the bottle when warming as it will contaminate the milk. **DO NOT REHEAT IN A MICROWAVE.**
- Milk can be defrosted in the fridge, avoiding unnecessary heating. Use it straight away. Do not re-freeze milk that has been defrosted.
- Once your baby has drunk from a bottle of breast milk it should be used within 1 hour and any unused milk must be disposed of after the feed.
- Upon first visit and induction, parents of a breastfeeding infant will be made aware that the setting is breastfeeding friendly and a copy of the policy made available.
- The setting will actively encourage any mother who wishes to continue breast feeding upon return to work/education etc.

Responsibilities of the mother:

Breast milk must be stored and prepared under the correct conditions for the safety and health of the child. The following procedures must be followed by both the mother and the staff to enable expressed milk to be given to an infant attending the Nursery.

- Breast milk can be expressed by hand or pump (electric or manual). Ensure you keep your pump clean; using hot soapy water for all parts which come into contact with your milk.
- Breast milk must be handled and stored carefully to reduce cross infection. This includes always washing your hands before expressing or handling milk.
- Breast milk should be brought into the setting in appropriate sterilised bottles/container/plastic milk storage bags.
- The bottles must be clearly labelled with the following:

-Mother's name

-Child's name

-Date and time expressed

-If frozen, date the EBM was removed from the freezer

Storing breast milk:

You can store breast milk in a sterilised container or in special breast milk storage bags and

- Put the EBM in the fridge for up to 8 days at 5C or lower. If you are not sure of the temperature of your fridge, or it is higher than 5C, use the EBM within 3 days.
- Put the EBM in the ice compartment of a fridge for 2 weeks.
- Put the EBM in a freezer, if it is -18C or lower for up to 6 months.

Breast milk that's been cooled in the fridge can be carried in a cool bag with ice packs for up to 24 hours.

Storing breast milk in small quantities will help to avoid waste. If you're freezing it, make sure you label and date it first.

Responsibilities of the Nursery (Formula Milk):

All formula feeds are made freshly each day.

- Staff will have sought guidance from NHS Best Start in Life- Guide to bottle feeding.
- <https://www.nhs.uk/best-start-in-life/baby/feeding-your-baby/bottle-feeding/> and the UNICEF guidance <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/bottle-feeding-re-sources/guide-to-bottle-feeding/>
- Provide a designated area in the fridge for ready-made formula milk and store below 5C.
- The milk must be stored in the main back of the fridge and not the door.
- The milk must be used in date order.
- Open ready-made formula milk should not be stored for longer than 24 hours.
- Follow step by step guidelines on preparing formula milk.
- Staff to ensure the bottle is always held and during feeding is being monitored.
- Follow manufacturer's guidance for storage of powder formula milk.
- Once any infant has drunk from a bottle of formula milk it should be used within 2 hours and any unused milk must be disposed of after the feed. **MILK MUST NEVER BE REHEATED.**
- Take all actions needed to ensure all feeding items, preparation items and workstations are disinfected and sterilised accordingly.
- Upon first visit and induction, parents of an infant will be made aware that the setting has a Breastfeeding and Formula Milk policy and a copy of the policy can be made available upon request.

Responsibilities of the mother:

Formula milk must be stored and prepared under the correct conditions for the safety and health of the child. The following procedures must be followed by both the mother and the staff to enable formula milk to be given to an infant attending the Nursery.

- Formula milk should be brought into the setting in a new and unopened condition.
- Powder formula and ready-made formula must be clearly labelled with the child's name.
- Ensure all formula milk is brought in within the expiration date.
- Powder milk will be labelled with the date once opened by staff members and should be used within the time frame advised by the manufacturer (usually 30 days).
- All bottles must be clearly labelled with the child's name.

Storing formula milk

- Staff will follow manufacturer's guidance for storage of powder formula milk.
- Ensure the lid of the powder milk is sealed tight before storing.
- Once the infant has drunk from a bottle of formula milk it should be used within 2 hours, only stored at room temperature and any unused milk must be disposed of after this time.
- Ready-made formula milk should be stored at the back of the designated fridge below 5C.
- Ensure the lid of ready-made milk is sealed tight before storing.
- Any unused and opened ready-made formula should not be stored for longer than 24 hours.