Aclet Close Nursery School

Bottle and Breastfeeding Policy

Policy written: 14th October 2025
Policy renewal: October 2026, October 2027

1. Policy Statement / Purpose

1.1 At Aclet Close Nursery School we ensure that we are up to date with all current feeding guidelines by complying with regulations set out by the NHS and liaising with our local Health Visitors. We do this by following the policy set out below. In addition to this parents/carers can provide formula milk, breast milk or alternative milks such as lacto free milk in unopened cartons.

2. Procedure Bottle Feeding

2.1 Where food/milk is prepared for babies, there is a separate kitchen which is specifically designated for this preparation.

2.2 Staff will ensure they wash hands before sterilising, preparing, or feeding with bottles.

2.3 Bottles of formula milk will only be made up as and when the child needs them.

2.4 Bottles will be sterilised at the beginning of each day using the electric steriliser and left in the steriliser until needed for each feed. Sterilising of bottles will continue until the child reaches one year old. If a child has more than one feed throughout their nursery day, then their bottle will be washed and re-sterilised after every feed.

2.5 As each feed is required, the kettle (if being used) should be filled with at least 1 litre of fresh tap water (not water that has been boiled before). The kettle should then be boiled and water left in the kettle for 10 minutes maximum. We will not use cool boiled water and reheat. The water heater is also available to use in the heating of bottles.

2.6 The required amount of water must then be poured into a sterilised bottle followed by the appropriate amount of scoops of formula powder; then shake well to dissolve powder.

2.7 Cool milk, so it's not too hot, by placing it in a jug of cool water or holding the bottle under cold running water. The temperature of the feed will be tested on the inside of the member of staff's wrist, checking it is appropriate before feeding the child.

2.8 Parents/Carers may wish to use ready-to-feed cartons or bottles of formula milk. These must be stored and fed at room temperature. Once opened, any unused milk must be stored according to the manufacturer's instructions or discarded.

2.9 If Parents/Carers request for ready-to-feed cartons, cows' milk or alternative milk's to be warmed, this will be done by placing either a bottle or a sealed cup in jug of boiling water to warm and tested on a staff member's wrist. No 'ready-made' bottles brought in from home will be given to any child.

2.10 Unless stated otherwise on packaging, milk left in bottle will be discarded within one hour of preparing the bottle.

2.11 Bottles and teats will be thoroughly cleaned with hot soapy water and sterilised before next use (they will not be washed in the dishwasher).

2.12 Sterilisers will be washed out and cleaned daily.

2.13 Formula milk must be provided by Parents/Cares. This must be a new tub which is still sealed so that we can record when the milk was opened. This is important as the milk

must be disposed of 4 weeks, some can be 3 weeks, after the day it was opened. (Unless tub states otherwise)

2.14 Babies will never be left propped up with bottles as it is both dangerous and inappropriate.

2.15 Milk will never be heated up in the microwave, as it may heat the feed unevenly and cause burns.

3. Breast Feeding

Breast milk can be stored at the back of the fridge for up to 8 days, and in the freezer for up to 6 months. Once defrosted, the milk must be used immediately. Breast milk that has been cooled in the fridge can be carried in a cool bag with ice packs, for up to 24 hours. It will be discarded after feeding, after 1 hour max and we will never re-freeze defrosted milk. Breast milk will be labelled with date.

3.1 Where possible we will provide an area for Mothers who wish to breastfeed their babies or express milk.

3.2 Labelled and dated Mother's breast milk will be stored in the fridge. Any unused milk will be given back to Parents/Cares at the end of the day and not stored in the Nursery overnight.

3.3 Frozen breast milk must be used within 6 months.

4. Related Documents

Child Protection Policy

Bottle feeding advice - NHS (www.nhs.uk)

Expressing and storing breast milk - NHS