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# Bottle Feeding Procedure

## Rationale:

Breast feeding has positive benefits for infants and the center will assist families to continue breastfeeding while attending childcare by including the provision for breastfeeding in the centre's food and nutrition practices. The center will practice safe and appropriate heating and storage of breast milk and will ensure that staff and practices are supportive of family's choices. It is important for babies development that babies who are bottle fed are held and cuddled during feeds. Where bottle feeding occurs "prop feeding" or propping up the bottle for self - feeding is not acceptable. Research on attachment in young infants strongly reinforces the need for relationships with a consistent caregiver who provides warmth, affection, and stimulation and at our center we strive to fulfill this.

## Children Need:

- \*Their individual needs met by educators.
- \*Safe handling and preparation of bottles.
- \*The development of emotionally secure attachment practices and comfort when required.

### Parents Need:

- \*To supply the center with the necessary feeding and nutritional requirements for their child's time at the center.
- \*To know that the individual needs of their child have been met during their day.
- \*To support staff with the practice of giving children their bottles in a well supervised area and not in the bed before a sleep.

### Staff Need:

- \*To practice the correct hygiene and food handling procedures
- \*To support a breastfeeding mother

### Management Need:

- \*To be informed of any issues in relation to food provision that may impact on the management of the service

### Breast Milk:

#### Storing Breast Milk

- \*Parents must provide the expressed milk in sterilized containers, bottles or bags.
- \*Staff will label and date the container upon receipt.
- \*Milk will be stored in the **back** of the fridge (not the door).
- \*Milk stored in the fridge is best used within 48 hours but will keep up to 3 to 5 days.

#### Thawing and Warming Expressed Breast Milk

- \*Thaw milk slowly in the refrigerator or more quickly in warm water
- \*If it is thawed in the fridge, it will keep for 24 hours in the fridge
- \*If it is thawed in warm water, use it straight away or put it back in the fridge for no more than 4hours. Staff will label with use-by information.

#### Microwaving Breast Milk

- \*The recommended way to warm breast milk is to stand it in a container of warm to hot water.
- \***Microwave heating will not be used to heat breast milk as it is not recommended. This causes uneven heating and the temperature of the surface may be a lot hotter or cooler then the rest of the milk. For**

**formula or cow's milk heating microwave may be used, provided it is shaken 10 times or more and wrist tested.**

### **Making up the Formula**

- \*It is important that formula is made up exactly the way it says on the can. Different formulas use different size scoops.
- \*Wash hands before making up the formula.
- \*Bring the water to the boil and cool.
- \*Measure the right amount of cooled boiled water and then add the powder. Parents may provide pre measured containers.
- \*formula milk may be heated in a microwave providing it is heat tested before its given to the child.
- \*Seal the bottle with a cap and disc and shake to mix.
- \*If you are not using the milk straight away store the bottle in the back of the fridge with a label and the time made
- \*Throw out any formula that has not been used after 24hours

### **Warming Bottles:**

**Microwave heating is not supported by recognized health and safety authorities as this practice poses significant risks to children with uneven heating.**

- \*The best way to warm a bottle is to stand it in a container of hot water for a few minutes (no more than 10 minutes) **make sure you keep the hot water out of reach of toddlers.**
- \*Let the milk drop onto the inside of your wrist to check the temperature. It should feel comfortably warm or even a little cool **do not give hot milk**
- \*If you are taking bottles to use when you are out it is safest to take the formula powder and the water separately and mix them at the last minute.
- \*If you take made up formula it needs to be very cold and carried in an insulated pack.

### **Legislation:**

Childcare Center Regulations 1998 (SA)  
Public and Environmental Health Act 1987 (SA)  
Food Act 2001

References and useful websites:

[www.cyh.com](http://www.cyh.com)

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

[www.health.sa.gov.au](http://www.health.sa.gov.au)

[www.sidsandkids.org](http://www.sidsandkids.org)

[www.kidsafe.com.au](http://www.kidsafe.com.au)

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Chairperson  
Governing Council  
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Director  
Peterborough Community Preschool  
and Rural Care Service.

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