



## **1.0 Introduction**

At St Nicolas Playgroup, we recognise the vital role that child nutrition plays in early development and well-being. Our setting is committed to supporting both breastfeeding and bottle-feeding families by providing a safe, inclusive, and nurturing environment for all feeding choices. This policy outlines our approach to handling breast milk and formula in a manner that respects parents' preferences, ensures hygiene and safety standards, and promotes the health of every child in our care. We aim to work in partnership with families to ensure that each child's feeding routine is consistent, responsive, and meets their individual needs

## **2.0 Formula**

- Parents are asked to provide a clean, sterilised bottle for each feed, along with formula milk of the parents preferred brand. Powdered formula milk must be new, sealed and labelled clearly with the child's name. Staff will measure out and make a feed following the clear instructions provided on the tub of formula.
- When using powdered formula, the date of opening will be recorded on the tub. If the formula has not been fully used within 4 weeks, it will be returned to the parents so they can decide what to do with it after the 4 weeks.
- If you would like to bring in cartons of pre-made milk, you can. Once again, this must be sealed and labelled with the child's name when you bring it in, and half of the carton can be used in the morning while the other half will be stored in the fridge, to be used in the afternoon. All opened cartons of milk will be discarded at the end of the day if they have not been used.
- On arrival each day, all bottles are to be tagged with the child's name and given to the staff, who will place them in the kitchen.
- Bottle feeds will be given at times agreed upon with the parents, bearing the child's immediate needs in mind. The timing of feeds is to be agreed upon with the parent during the daily handover discussion.
- The quantity of milk consumed by the child is recorded in the child's care diary.
- The temperature of the milk is to be checked by a member of staff before the bottle is given to the child unless the parent advises staff to offer a bottle cold.
- If refused, the bottle will be offered to the baby again at 10–15-minute intervals. Bottles will be discarded after 1 hour. Bottles are never reheated.
- The bottle is to be washed up immediately after the feed, using hot water and detergent. After it will be rinsed and dried and placed in the child's bag to be taken home.
- Parents are to be made aware that bottles are not sterilised after use and that this is their responsibility.



### 3.0 Breast Milk

- Breast milk can be frozen at home, but **MUST** come into the playgroup defrosted, in a sterilised bottle, sealed pouch, or container. It will then be stored in the fridge at the playgroup. The breast milk can be transferred from the container to the child's preferred drinking vessel and warmed in a jug of hot water if required. Staff will wear disposable gloves when transferring the milk and wash their hands immediately after handling the milk.
- The breast milk can be heated, but it must be consumed within 1 hour of doing so, or it will be disposed of.
- Any unused breast milk must be sent home at the end of the nursery day.
- Breast milk must not be refrozen after being defrosted.

Policy adopted on 21/08/2025

This policy was reviewed by:	The Manager	Signed
On:	Date: 21 August 2025	VE Evans
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