

Healthy Living

Under 2s - Bottle feeding



Bottle feeding using **formula or breast milk** can be a complex task. There is a lot to think about including preparing, storing and administration. To get this right, it important that we challenge our thinking and practice and use current legislation and resources to ensure you have the correct protocols to follow in your setting.

TASK 1

Use the questions below to reflect and review your practice. Consider the statements, whether they fall in line with your practice and whether they adhere to guidance from health care professionals.

- Do you provide any other drinks, other than milk in bottles?
- Do you supervise children whilst having their milk?
- Do you allow children to use a bottle independently or not?
- Do you discuss with parents the times the baby should have their milk?
- Do bottles have the child's name on them, so they are clearly identified for each child?
- Do you encourage parents to premeasure the formula feed prior to the child attending?
- Do you have adequate storage to store milk at the correct temperature?
- Do you have sterilising resources available?
- Do you microwave bottles to heat them up?

- How do you check babies milk temperature?
- Do you reheat bottles?
- Do you discuss babies feeding cues with parents to understand the baby's unique way of communication with you when they are hungry or full?
- What seating position do you use when feeding babies?
- Do you record a child's milk consumption?
- How long do you keep bottles once they have been made up?
- Do your policy and procedures support bottle feeding?
- Do policies contain information regarding the storage, preparation and administration of bottles containing milk?
- How do you ensure all staff understand and follow these policies and procedures?
- Are all staff responsible for preparing bottles, confident in implementing the policies and procedures above? Is training/support available if not?
- Do leaders or managers monitor the implementation of policies and procedures regarding bottle fed babies, to ensure that quality standards are maintained?
- Do you share advice and support to parents around bottle feeding?
- Are staff familiar with support services that they can sign post parents and carers to for support with bottle feeding?

TASK 2

Use the links and resources below to help you to answer some of the questions above.

- [Bottle feeding leaflet \(unicef.org.uk\)](http://unicef.org.uk)
- [Bottle feeding - Start for Life - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [Bottle feeding advice - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [Bottle feeding guidance - English for reference \(unicef.org.uk\)](http://unicef.org.uk)
- Section on bottle feeding - <https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety>