



Cheddar First School & Preschool

Where every child is at the heart

Feeding Policy

Policy statement

Many of the babies attending Cheddar First Preschool will be bottle fed and therefore the following guidelines are in place.

This policy will be shared with parents of bottle-fed babies when they start at the nursery.

We aim to follow each child's individual feeding patterns whilst they are at nursery. Parents are asked to share information about their child's feeding pattern with staff and to update staff as and when there are any changes. All bottle-fed babies must have a completed information/routine sheet which clearly state the number of feeds per day, times of feeds and the quantity (ml/oz.).

These forms must be updated at least **every month** or as and when needed. All changes to the baby's routine must be recorded and signed by the parents.

The nursery is not able to make up formula feeds which have been mixed with other powder/food. If parents have an unusual feeding requirement (such as mixing the formula with other powder/food) this must be discussed with the Senior team at Cheddar First Preschool. It may be necessary for written confirmation to be gained from the baby's health visitor/doctor.

Our guidance for parents is as follows:

- Parents to supply pre-sterilised bottles. There must be one bottle per feed, per day
- Parents to supply pre-measured formula or individual cartons of formula milk/ pouches of breast milk
- You can get from baby equipment stockists' special containers for measuring out formula feeds. Parents are advised to purchase this container. We do not have the space to store tins of formula at the nursery and could run the risk of contamination
- All bottles and formula containers must be clearly labelled with the child's full name
- The amount of water required should be clearly stated on the formula container.

Procedure for warming bottles with liquid formula/breast milk:

The current Department of Health guidance states that, each bottle should be made up fresh for each feed:

Step 1: Wash hands with soap and water and then dry

Step 2: Make sure surface where you are making bottles is cleaned and sterilised

Step 3: Pour ready-made liquid formula or breast milk into sterilised bottle

Step 4: Seal bottle

Step 5: Warm bottle using a bottle warmer

Step 6: Shake the bottle well to ensure it is heated evenly

Step 8: Check the temperature by shaking a few drops onto the inside of your wrist, it should feel lukewarm, not hot

Step 9: Discard any feed that has not been used within two hours



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Procedure for making bottles with powder formula:

The current Department of Health guidance states that, each bottle should be made up fresh for each feed as storing made up formula milk may increase the chance of a baby becoming ill and should be avoided.

Step 1: Wash hands with soap and water and then dry

Step 2: Make sure surface where you are making bottles is cleaned and sterilised

Step 3: Boil fresh tap water in a kettle

Step 4: IMPORTANT – add required amount of boiling water to bottle, leave water to cool for no more than 30 minutes so it is no less than 70°C.

Step 5: Add the premeasured amount of formula/liquid formula into the bottle

Step 6: Seal and shake the bottle well to mix contents

Step 7: Cool quickly to feeding temperature by holding under a running tap or placing in a container of cold water

Step 8: Check the temperature by shaking a few drops onto the inside of your wrist, it should feel lukewarm, not hot

Step 9: Discard any feed that has not been used within two hours

Introducing Cows Milk

Current guidelines state that children from their first birthday can be given cow's milk as a drink rather than formula and/or breast milk.

Prior to this cow's milk products (yoghurt, cheese etc.) may be introduced in food from 6 months. Cow's milk is normally introduced slowly to allow the child's system to adapt. Staff will consult with parents when the child turns one to ensure they are happy for the nursery to introduce cow's milk to the child.

Weaning

We will work with the parents to support them when the time is right for their child to start weaning and will follow the parents desired method of choice for their child whether that is 'baby led weaning' or choosing to begin with pureed foods and progressing to whole foods at baby's pace.

Sometimes whilst a baby is weaning, allergies and intolerances to certain food(s) may arise. If we suspect a child is allergic to a certain food, we will record this and any symptom on our Tapestry care diary for parents to be able to liaise with their health visitor or GP.

Cheddar First Preschool will plan and communicate with parents /carers in how we can support their baby's weaning process as we understand this can be an anxious time for parents.



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Sterilising

All feeding utensils (spoons and drinking cups) must be sterilised for all children under one year. Staff must consult with parents when the child turns one to ensure they are happy for the nursery to stop sterilising. A child may have a health condition/ or other reason why sterilising must continue.

Further guidance/reading

- www.food.gov.uk
- The Food Standards Agency
- <https://www.food.gov.uk/>
- The Department of Health
- <https://www.gov.uk/government/organisations/department-of-health>

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