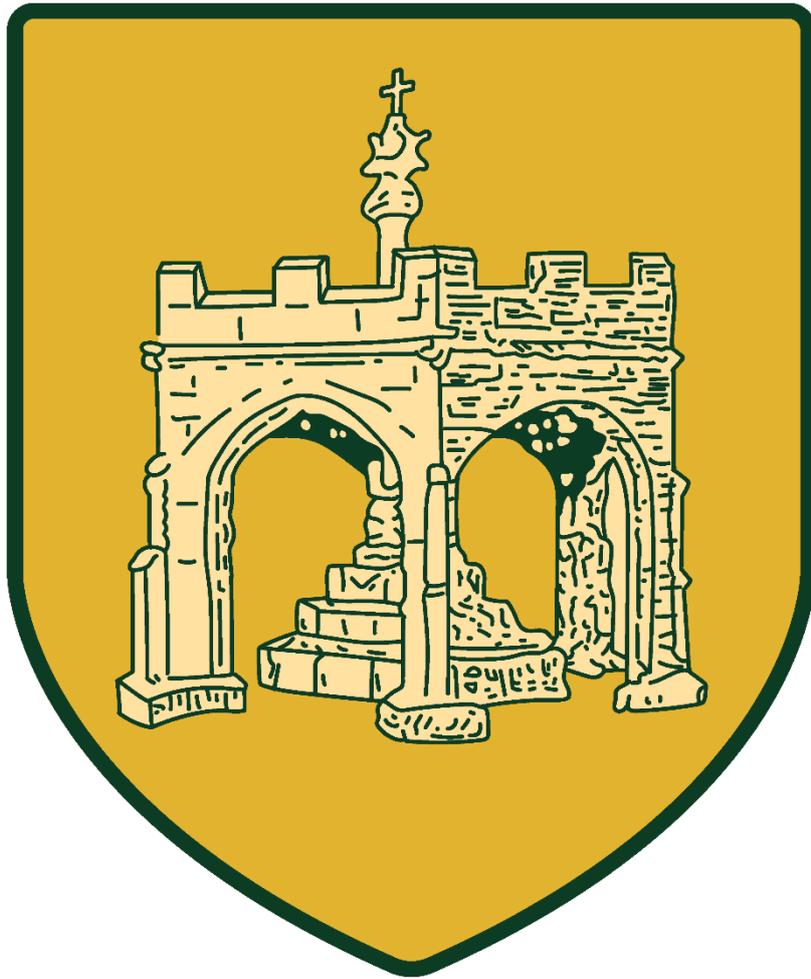




# Cheddar First Preschool

Where Every Child Is at the Heart

## Feeding Policy



Date Agreed	30 <sup>th</sup> January 2026
Review Date	30 <sup>th</sup> January 2027

## **Policy statement**

Many babies attending Cheddar First Preschool are bottle fed. This policy sets out how we safely support bottle feeding, breast milk feeding, and the introduction of solid foods in partnership with parents, while meeting current health, hygiene, and safeguarding guidance.

We aim to follow each child's individual feeding routine while they are in our care. Parents are asked to share clear information about their child's feeding pattern and to inform staff promptly of any changes.

This policy is shared with parents of bottle-fed babies on entry to the setting and is reviewed annually.

## **Individual feeding routines**

- All bottle-fed babies must have a completed feeding information/routine sheet, clearly stating:
  - Number of feeds per day
  - Approximate times of feeds
  - Quantity of milk (ml/oz)
- Feeding information must be reviewed and updated at least monthly, or sooner if required.
- Any changes to a baby's feeding routine must be recorded and agreed with parents.
- Staff will work in partnership with parents to ensure feeding routines meet each child's needs.

## **Formula preparation and special feeding requirements**

- We are unable to prepare formula feeds that are mixed with additional powders or food.
- Any unusual or medical feeding requirements must be discussed with the Senior Team before the child starts.
- Written confirmation from a health visitor or GP may be required where appropriate.

## **Guidance for parents supplying bottles and milk**

Parents are asked to provide:

- Pre-sterilised bottles (one bottle per feed, per day)
- Pre-measured powdered formula or individual cartons of ready-made formula or expressed breast milk
- Clearly labelled bottles and containers with the child's full name
- Clear instructions regarding the amount of water required for each feed

We do not store tins of formula milk due to space and hygiene considerations. Parents are encouraged to use formula-measuring containers available from baby equipment suppliers.

## **Warming ready-made formula or expressed breast milk**

In line with Department of Health guidance:

- Wash hands thoroughly
- Ensure preparation surfaces are clean
- Pour ready-made formula or breast milk into a sterilised bottle
- Seal the bottle
- Warm using a bottle warmer
- Shake gently to ensure even temperature
- Test temperature on the inside of the wrist (lukewarm, not hot)
- Discard any unused milk after two hours

## **Preparing powdered formula**

Formula feeds are prepared fresh for each feed to reduce the risk of illness.

In line with Department of Health guidance:

- Wash hands thoroughly
- Clean and sterilise preparation surfaces
- Boil fresh tap water
- Add the required amount of boiling water to the bottle and allow to cool for no more than 30 minutes (water temperature no less than 70°C)
- Add the pre-measured formula powder
- Seal and shake well
- Cool to feeding temperature under running cold water or in a container of cold water
- Test temperature before feeding
- Discard any unused feed after two hours

## **Introduction of cow's milk**

Current guidance states that from 12 months, children may be offered cow's milk as a drink instead of formula or breast milk.

- Cow's milk products (e.g., yoghurt and cheese) may be introduced from around six months
- Staff will consult with parents before introducing cow's milk as a drink
- Cow's milk will be introduced gradually, where appropriate

## **Weaning**

We work in partnership with parents to support babies through the weaning process. We follow parents' chosen approach, including:

- Baby-led weaning
- Purees progressing to textured foods

We recognise that allergies or intolerances may emerge during weaning.

- Any concerns will be recorded and shared with parents
- Parents will be encouraged to seek advice from their health visitor or GP
- Information will be recorded on the child's care diary

## **Sterilising**

- All feeding utensils (including spoons and cups) are sterilised for children under one year
- Parents will be consulted when a child turns one before sterilising is discontinued
- Sterilising will continue if required for medical or health reasons

## **Further guidance and information**

Food Standards Agency – [www.food.gov.uk](http://www.food.gov.uk)

Department of Health and Social Care – [www.gov.uk](http://www.gov.uk)

NHS Infant Feeding Guidance – [www.nhs.uk](http://www.nhs.uk)

This policy should be read alongside the Breastfeeding and Infant Policy, Milk and Baby Food Preparation Policy and the Mealtime Policy.

This policy is reviewed annually and updated in line with current legislation, statutory guidance, and best practice.