

Bottled Breast Milk Policy

Quality Area 2: Children's health and safety

Standard 2.1 Each child's health is promoted.

Standard 2.2: Healthy eating and physical activity are embedded in the program for children

Standard 2.3: Each child is protected.

Safe practices for handling, storage, preparation and heating breast milk or formula must be followed to minimise risks to children being educated and cared for by the service.

- Ensure bottled breast milk is always labelled with the child's name, mother's name and the date it was expressed.
- All health and hygiene policies and procedures will be adhered to including the use of gloves for preparing a bottle/food for a child.
- Milk will be stored in the back of the fridge (not in the door).
- Breast milk can be stored in the refrigerator for **not more than** 48 hours (4 degrees Celsius or lower), for two weeks in the freezer compartment inside the refrigerator (-15 degrees Celsius) and for three months in the freezer section of a refrigerator that has a separate door (-18 degrees Celsius). After these times lapse the milk is to be discarded.
- Heat bottles once only.
- Do not allow a bottle to cool and then reheat it—this can allow germs to grow.
- Frozen breast milk can be thawed by placing it in either cool or warm water. Boiling water is not to be used, as the milk will curdle.
- A microwave is not to be used to heat the milk.
- **Breast milk should be heated in the Electric Bottle Warmers provided.**
- The process of thawing is for the bottle to be placed under running water, then increasing warm water, roll the bottle to mix separated contents and to ensure consistent temperature. Prevent any separation of the fats from the milk and test the temperature of the milk on your wrist before giving it to the baby.
- Supervise children with bottles at all times. Children will not be placed on beds or in cots for feeding, as this can be a choking hazard.
- Any leftover breast milk will be discarded immediately.
- Under no circumstances is the left over breast milk to be refrigerated or refrozen.
- After the use of the bottle, rinse the teat and bottle in water, wash with hot soapy water and rinse.
- All bottles after the initial rinsing and washing procedure are to be sterilised in a cold-water chemical steriliser following the manufacturer's instructions, then air-dried. If the bottle has not been sterilised, it should be rinsed and sent home for sterilising after its one use.

This policy has been made with consideration to:

Staying Healthy in Childcare – 5th Edition

National Health and Medical Research Council

www.breastfeeding.asn.au

www.health.nsw.gov.au

www.kidsafe.com.au

Additional Information

https://www.nhmrc.gov.au/files/nhmrc/publications/attachments/n56_infant_feeding_guidelines.pdf

June 2019	Electric Bottle warmer added	June 2020
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