



Grove Villa Childcare Bottle-Feeding Policy

Formula Milk Preparation At Grove Villa Childcare, we adhere to the guidelines provided by the World Health Organisation and the NHS for preparing formula milk. We kindly ask parents to assist us by following these steps:

- **Sterilised Bottles:** Please bring your child's bottle sterilised and fully assembled with the teat and lid in place. This helps prevent contamination of the sterilised bottle and the teat.
- **Formula Powder:** Provide the formula powder in an unopened, original container. This allows our staff to prepare the feeds accurately, following the instructions on the packaging.
- **Labelling:** Ensure the formula container is labelled with your child's full name, and we will add the date that it was opened.

After 28 days the unused formula will be returned to you to use as you wish or else it will be disposed of by us.

- The best practice for preventing illness in infants is to prepare formula feeds fresh when needed, using sterilised bottles. This process eliminates harmful bacteria that could otherwise grow and cause illness.

Our Preparation Routine To ensure best practices, our staff will:

1. Clean the preparation surface thoroughly.
2. Wash hands with soap and water, drying with a clean towel.
3. Boil fresh tap water in a kettle. Allow the boiled water to cool to no less than 70°C, using it within 30 minutes of boiling.
4. Pour the required amount of boiled water into the sterilised bottle.
5. Add the exact amount of formula as per the label instructions.
6. Reassemble the bottle as per the manufacturer's instructions.
7. Shake the bottle well to mix the contents.
8. Cool the bottle quickly to feeding temperature under running water or in a container of cold water.
9. Test the temperature by shaking a few drops onto the inside of your wrist—it should feel lukewarm, not hot.
10. Discard any unused feed within two hours. We do not reheat or serve pre-prepared formula from home.

Pre-Prepared and Ready-Made Formula For parents providing pre-prepared milk in sealed cartons, our staff will:

- Transfer the formula to a sterile bottle.

This policy was adopted on	Signed on behalf of the nursery	Date for the next policy review
01/08/2026	D Williams	01/08/2027



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- Rewarm using a bottle warmer or by placing the bottle in warm water. Microwaves should never be used.
- Shake the bottle to ensure even heating.
- Check the temperature by shaking a few drops onto the inside of the wrist—it should be lukewarm, not hot.

Bottles should not be left warming for more than 15 minutes; any feed left warming beyond this time will be discarded.

We are unable to prepare formula feeds mixed with other powders or foods. If your child requires a special feeding mixture, please discuss this with the Nursery Manager. Written confirmation from your baby's health visitor or doctor may be required.

Ready-Made Liquid Formula (Carton Milk) Liquid formula should be stored as per the manufacturer's instructions. Once opened, it should be labelled with the baby's name and can be refrigerated for up to 24 hours.

Breast Milk Breast milk should be stored in labelled, sealed, and dated containers or bags, kept at the back of the top shelf of the fridge. It can be stored for up to 5 days as long as the fridge temperature does not exceed 4°C. Microwaves should never be used to warm breast milk.

Non-Dairy Milk Alternatives If your child requires a non-dairy milk alternative, it should be provided in sealed cartons. These will be labelled with your child's name and the current date, and any unused portions will be discarded after 5 days.

Safe Feeding Practices Babies and children will not be left unattended with bottles, as this increases the risk of choking. All feeding details will be recorded in the child's daily diary.

Introducing Cow's Milk According to current guidelines, children can start drinking cow's milk as a beverage from their first birthday. Before this, cow's milk products like yogurt and cheese may be introduced from 6 months of age. We will consult with parents when their child turns one to confirm their readiness to introduce cow's milk.

For further information, please refer to the resources:

- "2900017 Bottle feeding leaflet v0_12.indd" ([publishing.service.gov.uk](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/61111/2900017_bottle_feeding_leaflet_v0_12.indd.pdf))
- "How to make up baby formula" (NHS - www.nhs.uk)

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