

Infant Formula Q&A

“Little Footsteps prepare and administer infant formula (inc powder) if required. To administer this formula, parents/carers need to provide the formula in its original sealed container. This can then be kept at the setting. Staff will follow the instructions as directed on the packaging and also monitor the expiration date once opened. Please note – we cannot accept or administer pre-made formula. We also cannot administer formula that has been separated from the original packaging and provided in a snack container.” Babies and Toddlers Policy.

At Little Footsteps we require parents to provide sealed tins of formula rather than pre-made bottles to ensure the safe preparation and handling of infant feeds. Our Babies and Toddlers policy is guided by health and safety considerations, including guidance provided by the NHS.

Why?

Safety of Powdered Formula: Powdered infant formula is not sterile and can contain harmful bacteria such as *Cronobacter sakazakii* and *Salmonella*. To minimize the risk of infection, it's recommended that formula be prepared with water heated to at least 70°C, which effectively kills most bacteria present in the powder.

Risk of Pre-Made Bottles: Pre-prepared bottles, especially those made at home, may not be stored or transported under optimal conditions. Bacteria can multiply rapidly in formula kept at room temperature, increasing the risk of illness. Even refrigeration doesn't halt bacterial growth entirely, making freshly prepared feeds within the setting ensures we are being vigilant in reducing this risk.

Consistency with Guidelines: As a nursery we adhere to guidelines from health authorities like the NHS and the Department of Health, which advocate for on-site preparation of feeds to ensure safety and hygiene.

Policy Uniformity: By requiring sealed tins, we maintain a consistent approach to feed preparation, reducing the risk of errors and ensuring that all staff follow standardised procedures.

Traceability and accountability: If a parent sends in a pre-made bottle, staff are unable to verify the formula (e.g. dairy-free, anti-reflux, ect). How the formula was prepared (correct powder to water ratio) How long the formula has been stored or the temperature the formula has reached.

How we make up baby formula and why?

Good hygiene is very important when making up a formula feed.

A baby's immune system is not as strong as an adult's. That's why bottles, teats and any other feeding equipment need to be washed and sterilised before each feed.

This will reduce the chance of a baby getting an infection, in particular diarrhoea and vomiting.

- Step 1: Fill the kettle with at least 1 litre of fresh tap water (do not use water that has been boiled before).
- Step 2: Boil the water. Then leave the water to cool for no more than 30 minutes, so that it remains at a temperature of at least 70C.
- Step 3: Clean and disinfect the surface you are going to use.
- Step 4: It's important that you wash your hands.
- Step 5: If you are using a cold-water steriliser, shake off any excess solution from the bottle and the teat, or rinse them with cooled boiled water from the kettle (not tap water).
- Step 6: Stand the bottle on the cleaned, disinfected surface.

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- Step 7: Follow the manufacturer's instructions and pour the amount of water you need into the bottle. Double check that the water level is correct. Always put the water in the bottle first, while it is still hot, before adding the powdered formula.
- Step 8: Loosely fill the scoop with formula powder, according to the manufacturer's instructions, then level it using, either the flat edge of a clean, dry knife or the leveller provided. Different formulas come with different scoops. Make sure you only use the scoop that comes with the formula.
- Step 9: Holding the edge of the teat, put it into the retaining ring, check it is secure, then screw the ring tightly onto the bottle. Make sure the ring is attached firmly.
- Step 10: Cover the teat with the cap and shake the bottle until the powder is dissolved.
- Step 11: It's important to cool the formula so it's not too hot to drink. Do this by holding the bottle (with the lid on) under cold running water.
- Step 12: Test the temperature of the formula on the inside of your wrist before giving it to your baby. It should be body temperature, which means it should feel warm or cool, but not hot.
- Step 13: If there is any made-up formula left in the bottle after a feed, throw it away.

Dos and don'ts of making up formula feeds

- Do follow the manufacturer's instructions very carefully, as they vary as to how much water and powder to use.
- Do not add extra formula powder when making up a feed. This can make your baby constipated or dehydrated.
- Do not add extra water when making up a feed. Too little powder may not give the baby enough nourishment.
- Do not add sugar or cereals to your baby's formula.
- Never warm up formula in a microwave, as it may heat the feed unevenly and burn your baby's mouth.
- **Do not use bottled water to make up formula feeds**
Bottled water is not recommended for making up feeds, as it's not sterile and may contain too much salt (sodium) or sulphate.

Breastmilk Q&A

At Little Footsteps we support parents or carers wishing to continue breastfeeding and encourage them to provide breastmilk for their baby while attending the setting.

Here at Little Footsteps, we can store and provide your child with your expressed breastmilk. To do this we follow the NHS provides information on safe storage of expressed breast milk - NHS.

It's important to store breast milk correctly so that it's safe. Here you'll find the steps we take when storing and warming breastmilk.

Storing your breast milk onsite

You can provide breastmilk and we can store this breast milk for you here onsite. To do this please ensure that this milk is in a sterilised container or in special breast milk storage bag:



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We can then keep this milk;

- in the fridge for up to 8 days at 4C or lower – (if the temperature of our fridge becomes higher than 4C it will be used within 3 days)
- for 2 weeks in the ice compartment of a fridge
- for up to 6 months in a freezer, if it's -18C or lower

Breast milk that's been cooled in the fridge can be carried in a cool bag with ice packs for up to 24 hours. Storing breast milk in small quantities will help avoid waste. If you're freezing it, make sure you label and date it first.

Defrosting frozen breast milk

We defrost frozen breast milk slowly in the fridge before giving it to your baby. If we need to use it straight away, we will defrost it by putting it in a jug of warm water or holding it under running warm water.

Once it's defrosted, we will give it a gentle shake if it has separated. We then use it straight away. We Do not re-freeze milk that's been defrosted.

Once your baby has drunk from a bottle of breast milk it needs to be used within 1 hour of defrosting and anything left over following this hour, will be thrown away.

Warming breast milk

To warm breastmilk to body temperature we place the bottle into a jug of warm water or by holding it under running warm water.

We do not use a microwave to heat up or defrost breast milk. This can cause hot spots, which can burn your baby's mouth.

We Do

- warm milk up by holding it under warm running water, or by sitting it in a jug of warm water
- use warmed-up breast milk within an hour
- discard any leftover milk that's been warmed

We don't

- do not warm or defrost breast milk in a microwave – doing so can cause hot spots that can burn your baby's mouth
- do not keep any leftover milk after a feed – we discard it
- do not accept any breastmilk is not stored correctly and with correct labelling.