



## **Bottle Warming Policy**

### **Rationale**

Health authorities warn that a microwave should never be used to heat up a child's bottle as they heat unevenly and cause 'hotspots' that could seriously burn the child's mouth. Breast milk loses its antibodies if heated in the microwave.

### **Policy**

The Rumpus Room has a duty of care to ensure that all children attending the service are safe and their food and drinks are stored, handled, prepared and served in keeping with safety advice from recognised health and safety authorities.

### **Procedures:**

- All staff shall be made aware of the risks involved in heating bottles in the microwave.
- All breastmilk bottles are to be stored in the fridge at all times until heating is to commence.
- Frozen breast milk is to be defrosted in the fridge until heating.
- Bottles that are intended for formula milk are to come in with the required amount of water in them with the child's name clearly labelled. These can be kept at room temperature,
- The formula powder required for formula milk needs to be provided in the original container. It needs to be clearly labelled with the child's name on the lid and the tin and should include the date it was opened. Partially used tins are acceptable so long as the details above are provided. Expiry dates will be closely monitored, and formulae will not be used past its use by date. Having the tins of formula here allows correct delivery of powder to water ratio and assists in delivery of an extra bottle if ever needed.
- We accept the formula sachets in their original box, if your child doesn't have many bottles, to prevent wastage.
- Bottles requiring cow's milk can be brought in empty with the child's name clearly labelled. Educators will fill the bottles with the desired amount and heat in the bottle warmer.
- For work, health and safety reasons while bottles are heating in bottle warmers, the bottle warmer must be placed away from all bench edges. Bottles heated in hot water must be heated away from children.
- Bottles are not to be reheated at any time.
- If bottles are not used after 30 minutes milk is to be discarded.

### **Bottle Warming:**

- Get the required bottle out of the fridge and place it into the bottle warmer with the designated amount of water.
- Allow to heat.
- When heating, shake the bottle to ensure even heat distribution. Check temperature by dropping a little of the milk onto your wrist. If you cannot feel the milk as either warm or cool, then it is body temperature which is ideal for the child. Many children



have milk warmer than body temperature so check with families. If not warm enough put the bottle back into the warmer and check at one minute intervals until warm.

### **Bottle Sterilisation:**

In the event that a bottle or dummy needs to be sterilised,

- Wash your hands
- Wash bottles, teats and lids (and dummies) with warm soapy water. Rinse well ensuring all milk is washed out.
- Follow the manual's instructions on loading the steriliser and place bottles in sterilizer as shown. Instructions should be displayed on the wall.
- Clip lid closed and follow manual instructions on wattage and timing.
- Allow to cool, wash hands and remove bottle pieces from steriliser.
- Use bottles straight away or store in the back of the fridge for no more than 24hrs.

This policy links to the following NQS:

National Quality Standards 2.1.1, 2.1.3

See Appendix 1-National Law (section) and National Regulations (regulation)