

# Breast feeding & Infant Milk Policy

Bright Beginnings is a breastfeeding friendly setting. We aim to provide clear and impartial information to enable mothers of babies attending the setting to continue to breastfeed/provide expressed breastmilk whilst your child attends the Centre. We are fully supportive of individual choice in the method of infant feeding and aim to support this. If you are bottle feeding your baby when they start with us, we will provide formula milk either Cow & Gate, Aptamil or SMA.

There are comfortable spaces where mothers can breastfeed in the Centre, for example there are sofas in both of our baby rooms and comfortable seating in our Parent Pod.

## Storage and use of expressed breastmilk in the Centre:

- Both our baby rooms have fridges where expressed breastmilk (EBM) can be stored with a temperature set to 5 degrees centigrade or below.
- EBM may not always be white in colour. A blue, pink or yellow hue is normal and does not indicate a problem with the milk.
- EBM must be stored in the main body of the fridge and not the door.
- EBM milk must be used in date order.
- When stored, the cream and the milk may separate out- this is only when the EBM has been defrosted and is normal, shaking the bottle to mix is necessary.
- The team will ensure all feeding items, preparation items and workstations are disinfected and sterilised accordingly.
- EBM will be reheated by standing the bottle in hot water.
- We do not have freezer facilities to store frozen EBM, any frozen EBM brought from home must be defrosted in one of our Centre fridges and used on the same day.
- Once a baby has drunk from a bottle of breast milk it should be used within 1 hour and any unused milk must be disposed of after the feed.

## Responsibilities of the mother:

- Breastmilk must be prepared and stored under the correct conditions for the safety and health of your child. Please follow the NHS link in this policy which details information about breastfeeding, expressing and storing breastmilk and feeding your baby.
- Breastmilk must be handled and stored carefully to reduce cross infection. This includes always washing your hands before you express or handle breastmilk.

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- Breastmilk should be brought into the setting in appropriate sterilised bottles/container/plastic milk storage bags which must be clearly labelled with the following:
  - **Mother's name**
  - **Child's name**
  - **Date and time expressed**
  - **If frozen, date the EBM was removed from the freezer.**

### Storing expressed breastmilk in your home:

- You can store breast milk in a sterilised container or in special breast milk storage bags and put the EBM in the fridge for up to 8 days at 5C or lower. If you are not sure of the temperature of your fridge, or it is higher than 5C, use the EBM within 3 days.
- Put the EBM in the ice compartment of a fridge for 2 weeks.
- Put the EBM in a freezer, if it is -18C or lower for up to 6 months.
- 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 to avoid waste. If you're freezing it, make sure you label and date it first.

### Formula Milk:

- All formula feeds are made fresh when your baby requires a feed and discarded after one hour.
- Staff will have sought guidance from Start4Life- Guide to bottle feeding for preparing bottles and feeding your baby.
- The team will follow step by step guidelines on preparing individual formula milk types and follow manufacturer's guidance for storage of powder formula milk.
- Staff will ensure the bottle is always held and during feeding is being monitored.
- Once an infant has drunk from a bottle of formula milk it should be used within 2 hours and any unused milk must be disposed of after the feed.
- **MILK MUST NEVER BE REHEATED.**
- The team will ensure all actions needed to ensure all feeding items, preparation items and workstations are disinfected and sterilised accordingly.

<https://www.nhs.uk/start-for-life/baby/feeding-your-baby/>

This policy was reviewed on	Jan 2025
Reviewed by	Fiona Hakin