



Wattisham Airfield Childcare Centre

Bottle feeding and Weaning

Feeding patterns vary between individual babies and discussions should take place with the parents to establish preferences and the stage of development the baby is currently at.

It is our aim that all babies attending the setting receive appropriate nurturing from staff to ensure their health and welfare and to enable them to feel relaxed, happy and secure.

Bottle feeding

Babies are fed bottles following their individual routines.

Parents of children that bring bottles in need to provide the powdered milk already measured out in separate sterile containers and provide the amount of bottles their child is due in a day.

Cows milk can be given in a bottle either cold or warmed up by putting the bottle in a jug of hot water

Powdered infant formula is not a sterile product and may be contaminated with pathogens that can cause serious illness. Correct preparation and handling reduces the risk of illness. Within the nursery we make up bottles using a perfect prep machine. See procedure below.

All bottles and storage containers brought from home are recommended to be sterilised for children under 1 year.

All feeding equipment used within the setting will be sterilised for babies under 1 year of age. This is to reduce infection.

Using Perfect prep machine to make a bottle

1. Wash your hands.
2. Check the water level and regularly top up when necessary with cold water. When filling the tank with water, ensure the hopper is in place.
3. Turn the dial to select the feed size you require (4fl oz –11fl oz).
4. Position your sterilised bottle under the spout. Adjust bottle stand if necessary (bottle neck should sit close to the spout).
5. Press the start/stop button. A red light will flash and a volume of hot water is dispensed into your bottle.
6. The light will change to solid red and there will be a double beep to indicate the end of the first stage. You will need to make up your feed within 2 minutes.
7. Carefully remove the bottle from the stand and measure the correct number of formula scoops into the bottle.
8. Screw the sterilised milk storage lid onto the bottle and ensure that the lid is tight. Be careful when handling hot liquid.
9. Shake well until the formula powder has dissolved.
10. Remove the milk storage lid and replace your bottle onto the bottle stand.
11. Press the start/stop button again. The red light will go out and the green light will flash. If this button is not pressed within 2 minutes of the hot water being dispensed a long beep will sound. If the alarm sounds you should discard the feed and repeat the process from step 1.
12. Wait whilst the remainder of water is dispensed. Once completed, there will be a double beep and the green light will change to solid.
13. Always check that the amount dispensed is consistent with the size of feed you have selected on the dial (by adding formula, your feed will appear larger than the feed size chosen). Add the sterilised teat, screw ring and hood and shake
14. For your child's safety always check food temperature before feeding by testing on a sensitive part of your skin.
15. Your bottle is now ready to serve. Make sure you discard any unwanted feed as per the formula manufacturer's recommendation

Infant pre-packed ready to use formula :

Ready to use liquid feeds are sterile and are the safest option alternatively to making a fresh bottle.

Weaning

For the majority of children weaning usually commences at around 6 months of age. We have used guidelines from the NHS All children are different so parents/carers might want to ask their health visitor for advice as some children may be ready to start earlier or even later than 6 months. The child's Key Person will meet with the parent/carer to discuss the child's requirements.

The induction of new foods is a gradual process using a few pureed semi-solid foods followed by an increasing familiarisation with a greater range of tastes and textures right through to the beginning of self-feeding.

Weaning procedures

All staff responsible for feeding babies must follow the following procedures:

- Individual routines and food allowed must be agreed with parents, respected, adhered to and recorded. No foods are given to babies unless we have written confirmation that they have tried it at home or when parents inform us that their baby is on a full diet
- Water or an agreed alternative is offered at regular intervals either from the baby's own bottle or a cup provided by the facility
- Babies must be supervised and supported at all times whilst eating or drinking.
- Older babies may be seated either in a feeding chair, with appropriate restraints for safety purposes, in a member of staff's arms or by the side of a member of staff if they can be fully supported and comfortable.
- When spoon feeding babies staff should always try to remain eye to eye contact with the baby.
- It is important that babies are spoken to during feeding as this gives the baby reassurance and gentle encouragement.
- Babies must not be allowed to lie whilst feeding.
- Highchairs must be cleaned thoroughly after every meal
- After initial weaning has taken place babies will need to move on to a slightly coarser consistency, in the foods offered. This must be done in consultation with parents.
- Finger foods are introduced for older babies which will encourage hand eye co-ordination

- When cutlery is introduced this will also help hand eye co-ordination and fine motor skills but babies may require additional assistance until they become proficient at feeding themselves.
- Suitable bowls and plates which do not easily tip over should be used for older babies and toddlers to enable them to start to feed themselves.

Food's offered

- The initial use of baby rice mixed with infant's normal milk
- The gradual introduction of vegetable and fruits in puree form
- Packet baby cereals or normal cereals made with either boiled water, child's milk or cow's milk for breakfast.
- Purees vegetable or jars, pouches at tea if the food is not suitable
- After the induction of fruit and vegetables we progress onto cheese, fromage frais and lean meat which are pureed.
- Nut products will not be included in the diet by the setting but food containing nut traces cannot be ruled out UNLESS a child is at risk of anaphylaxis
- Salt (sodium chloride) is not added to any food or in the cooking methods
- Meat including beef and beef products, or iron fortified weaning foods are introduced early to increase iron intake
- Meat, pulses, dairy products, wheat and rice are included as appropriate to increase zinc intake
- The change from breast/formula to cows' milk for drinking is delayed until the child is 1 year or over
- Drinks other than breast milk, formula cow's milk and water are discouraged.

Baby led weaning

Parents may wish to follow the Baby Led Weaning system which we can happily accommodate at the setting. Parent/carers need to have a conversation with the Key Person who will be able to draw up a weaning and care plan.

Baby Led Weaning is where you let the child feed themselves from the very start of weaning. The term was originally coined by Gill Rapley, a former health visitor and midwife.

Most children reach for food round 6 months and by this time children are capable of feeding themselves proper food. The idea is that you simply hand them the food in suitable-sized pieces and if they like it they eat it and if they don't they won't. This process also helps as the child will get to know when they are full and will stop eating

Through the Baby Led Weaning system there is no need for purees, food processor or baby rice. It is just the parent/carer and their child, eating food that they enjoy as a family.

Crockery and cutlery

For first foods we use a soft small plastic weaning spoon then move into a fork and spoon set either plastic or baby ones with metal tips. The parents either bring in a suitable cup or we provide sippy cups for water at mealtimes, moving onto open cups and breakers when they are ready. Bowls are provided for weaning as they are easier for children to feed themselves from.

Supervision

Children are closely supervised when they are eating and staff take particular care with hard foods such as raw carrot sticks or apple pieces, Staff cut food into small pieces and/or lightly cook vegetable such as carrots
Staff will sit at the table with the babies and situate themselves where needed as they may be feeding 2 babies at the same time.

This policy was adopted at a meeting _____ name _____ of
of _____ setting
Held on _____ (date)
Date to be reviewed _____ (date)
Signed on behalf of the management _____
committee _____
Name of signatory _____
Role of signatory (e.g. chair/owner) _____

Review dates:	
Date _____	signed _____

Date _____	signed _____

Date _____
signed _____