



Oscar Bears' Day Care

Feeding Bottles and Weaning Policy

Staff at Oscar Bears' follow guidelines for preparing formula milk for infants in accordance with policy published by The Food Standards Agency and The Department of Health.

We ask that parents help with this in the following ways:

Bring in your infant's bottle sterilised and fully assembled with the teat and lid in place. This prevents the inside of the sterilised bottle and the inside and outside of the teat from being contaminated. (Alternatively, the Nursery can provide a fully-sterilised bottle for feeding baby, if required.)

Provide the formula powder inside its original container: this is the best way for practitioners to ensure they are preparing feeds correctly, in accordance with the guidelines detailed on the packet or tin. Label to formula container with child's full name and date of opening. If formula is already portioned into smaller containers, these must be labeled with child's name, these must be prepared on the day and if not used – sent home to parent..

Oscar Bears' currently provides Aptimil Follow on 2 Formula for children under the age of 1. (Subject to availability and change)

Preparation of a Bottle

According to the Food Standard Agency and Department of Health, the best way to prevent a baby becoming ill is to make up all formula feeds fresh, as and when they are required by the baby.

Oscar Bear's follows the routine below to ensure best practice when carrying out this task:

- Clean the surface thoroughly on which to prepare the feed
- Wash hands with soap and water and then dry.
- Boil fresh tap water in a kettle. (*Allow the boiled water to cool to no less than 70° C. This means in practice using water that has been left covered, for less than 30 minutes after boiling.*) Pour the amount of boiled water required into the sterilised bottle.
- Add the exact amount of formula as instructed on the label.
- Re-assemble the bottle following manufacturer's instructions.
- Shake the bottle well to mix the contents.
- Cool quickly to feeding temperature by holding under a running tap, or placing in a container of cold water.
- Check the temperature by shaking a few drops onto the inside of your wrist – it should feel lukewarm, not hot.
- Discard any feed that has not been used within one hour.
- Check the feeding temperature by shaking a few drops onto the inside of the wrist - it should be lukewarm, not hot.

Bottle feeding should be carried out in a quiet, comfortable space, where practitioners can engage with the child through eye contact and communication as appropriate.



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Weaning

The introduction of new foods is a gradual process. For babies weaning from breast milk or formula, our nursery chef will puree fruit, meats and vegetables at a consistency that is suitable for the baby's feeding needs. We will help babies become familiar with a great range of tastes and textures through to the beginning of self feeding. We will discuss this process in depth with parents to make sure we are introducing the correct foods at a steady pace. Key persons will aim to help babies and toddlers progress toward solid food and encourage all children to experience a variety of different foods by creating opportunities for them to taste and feel different textures of food.

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