

## Policy 30

### **Bottle Feeding**

If children are to be fed with bottles the following procedure should be used:

- All equipment (bottle and teat) should be cleaned as soon as possible after use, with hot soapy water and a bottle brush.
- Equipment should then be sterilised before use – either using cold water and solution following the manufacturers instructions or by using a steamer according to manufacturers instructions. If using sterilising solution this should be changed every 24 hours, and equipment should be placed in the solution for at least 30 minutes. It is important to ensure that no air is trapped inside the equipment whilst it is being sterilised. In both cases any equipment that is not used immediately after sterilisation should be re-sterilised before use.
- Before making up a feed, make sure the surface is clear and clean and your hands are washed
- If sterilising solution has been used the equipment should be rinsed with cooled boiled water
- Stand the bottle on a clean surface, avoid putting the teat and cap on the work surface
- When making up infant formula milk, fresh tap water should be boiled and then left to cool for no longer than half an hour. Always put the cooled boiled water into the bottle first and check the water level according to the manufacturers instructions

- Loosely fill the scoop with the appropriate amount of milk powder and level it off with a clean knife, without compacting it. Add the milk powder to the water
- Holding the edge of the teat, put it on the bottle and screw the retaining ring onto the bottle
- Cover the teat with a cap and shake the bottle well until the powder is dissolved and feed as soon as possible
- Using formula milk that is not freshly made up may increase the risk of the baby becoming ill
- Under no circumstances is fresh milk to be re-heated in order to feed a child