



Breastfeeding, Milk and Weaning Policy

Breastfeeding

Here at SPLAT parents are encouraged to continue breastfeeding and expressing if they wish, during their child's time at nursery. We ask that expressed milk is brought in, labelled with the time and date it was expressed. We will then store the milk at the correct temperature in the fridge or freezer. Milk stored in the refrigerator must be used within 4 days of expression, and frozen milk must be used within 6 months. Milk must be defrosted slowly in the refrigerator, or under running warm water, if needed immediately. Mother's wishing to breastfeed directly are welcome to use our private facilities to breastfeed during the day, if this is possible for you.

Milk

Aptamil Formula 1 milk and blue top cow's milk for over 1's are provided here at our nursery for your child, alongside tomme tippee bottles. Each bottle is freshly prepared as and when required to suit each child's routine as best as possible. If your child requires their own bottle or milk, we ask that parents bring these in, labelled in the child's bag and milk is kept in its original container, not premade.

Staff feeding children must ensure the child is being held comfortably, and not be left alone to feed, or propped up by themselves. Children must not be given a bottle to go to sleep with and then left unsupervised.

When preparing a bottle, practitioners will use the prep machine provided to ensure appropriate temperatures and sterile conditions are met. Children under 1 must have the following sterilised before use; Bottles and teats, cups and beakers, cutlery, plates, bowls. All drinking water for under 1's must be boiled and cooled prior to consumption.

Milk warmed up must be used within 1 hour, and milk temperatures should be tested before feeding a child on the inside of your wrist. The temperature must not be hotter than 36 degrees (body temperature). When warming milk, it must be placed in the bottle warmer and regularly checked and stirred to ensure consistency throughout. Microwaves must not be used within the nursery, as these create hotspots.

Weaning

We will support your method of weaning your baby from 4-5 months to ensure they have established a sound weaning phase in time for 6 months when their milk will no longer offer them the full nourishment they require.

From 4 months parent usually start to offer babies and runny milk like baby porridge, they then move onto vegetable and fruits only between 5-6 months and by 6 months we will have them on



a well-balanced diet of finger foods and meals. Up until 12 months, babies should still be given at least 1 pint of milk per day. We ask that parents work with us to ensure their children are trying allergen foods at home prior to trying them at nursery and to check this off of your child's allergen list with their key worker, this minimises the potential risk of a reaction at nursery.

At SPLAT, we provide Toddler beakers for all children under the age of 12 months, our bottles and utensils are cleaned, sterilised and stored in accordance with recommended guidelines. Babies will start to use the beaker with a lid when they join and oral hygiene advice is to start supporting our babies to use the beaker without the lids on at meal times from 6 months. Our toddlers and preschoolers will also have a water bottle accessible all session which we ask for you to provide, however, will be provided with cups for mealtimes to support oral hygiene.

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