

Infant feeding

National Regulations 77

National Quality Standard 2.1.3, 2.1.4, 2.2.1



Infant's dietary needs and feeding schedules are discussed on partnership with educators and parents

Infant feeding

- Parents will be asked to provide written feeding and dietary instructions and a schedule for feeding times upon enrolment.
- Expressed milk should always be clearly labelled with the child's name, when the milk was expressed and if it has ever been frozen/ when it was defrosted. This will ensure that your child receives that correct milk and minimises the risk of illness.
- Parents will need to provide formula/breastmilk for their infants. Enough Formula needs to be supplied for each bottle (measured out in small sectioned containers).
- Bottles will need to be made up with enough correct cooled boiled water in them, labelled stored properly and removed from the child's bag.
- Any formula, milk will be disposed of by the Primary Carer unless requested by the parents.
- A record of each infant's food and liquid intake will be recorded by their Primary Carer and parents will be given this information at the end of each day.
- Bottles will be rinsed and returned to the child's bag.

Breast milk

- We encourage and support mothers to provide expressed breast milk or to visit the centre to feed their babies milk. Breast Milk It contains the mother's antibodies, which help prevent illness in babies.

Transporting and Storing breastmilk

- Breast milk If frozen should be transported to the centre in an esky with a freezer brick and placed immediately into the back of the refrigerator (or given to the main kitchen to be placed in the freezer section if still frozen).
- Breastmilk can be kept at room temperature (less than 27^o) for 6 - 8 hours, but if a refrigerator is available, store it there.
- Milk stored in the refrigerator is to be used within 3 days and best used within 48 hours. Keep it in the back of refrigerator where it is coldest - not in the door.
- Frozen milk will keep for 2 weeks in a freezer section inside a one-door fridge, or for 3 months in the freezer section of a fridge with a separate door, and for 6 - 12 months in a separate deep freeze (write the date on a label on the container).
- Freshly expressed breastmilk should be cooled in the fridge before being added too other chilled or frozen expressed breastmilk.

Bottle Warming Procedure

Rewarming breast milk and formula

- Stand the bottle of breast milk in a container of tepid water from the tap or bottle warmer for no more than 10 minutes.
- After heating (for approximately 10 minutes) in a bottle warmer, shake the bottle well (at least 5 sec) to avoid "hot spots", which could cause burns to the baby's mouth and throat.
- Before feeding the baby, check the temperature of the milk by letting a little drop onto the inside of your wrist (not letting the teat touch your wrist) it should feel comfortably warm or even a little bit cool.
- Never microwave breast milk.

- Never refreeze thawed breast milk. Only rewarm the milk once and discard any rewarmed milk that has not been used.
- Heat bottles once only. Do not allow a bottle to cool and then reheat it—this can allow germs to grow.

Introduction of solid foods

At around the age of 6 months, infants are physiologically and developmentally ready for new foods, textures and modes of feeding, and they need more nutrients than can be provided by breastmilk or formula alone. By 12 months of age, a variety of nutritious foods from the Five Food Groups, as described in the Australian Guide to Healthy Eating, is recommended.

Policy Source Acknowledgements

- Consultation with Management, Staff and Families
- N.C.A.C.
- Australian Early Childhood Association – AECA’s Policies and Working Positions –Children’s Services: Control of Infection
- Staying Healthy in Child Care – (5th Edition) 2012
- www.eatforhealth.gov.au