**Bottle Feeding**

* Parents and carers are to provide their own formula or breast milk to be given at Happy Kids, this should be in clean, sterile container, clearly labelled how many scoops there are for mixing purposes.
* Formula milk must be used within 6 weeks of opening, we trust that parents/main caregivers are aware of this and ensure the formula is suitable to give to their child.
* Bottles are to be provided clean and ready to use, if the baby is under 1, then bottles will be sterilised in the setting before use.

**Preparation:**

* The kettle should be emptied, filled with tap water, boiled and then used within 30 mins to ensure it is hot enough to kill any bacteria that are in the formula. This can only be achieved if the water is 70 degrees or above.
* Pour the required amount of water into the bottle in accordance with instructions. Parents are required to provide regular updates if their baby’s/child’s volume of formula has increased. Crouch down at eyelevel to ensure the water level is correct before adding powder.
* Add pre-measured powder to the water, place the bottle lid on tightly, ensuring the teat isn’t touched and shake well until all the powder has completely dissolved.
* Always test the temperature of the milk on the inside of your wrist before giving it to your baby. The formula should be body temperature and should feel neither hot nor cold when touching your skin. If the formula is too hot place the bottom half of the bottle under cold running water until it cools down sufficiently. If the formula gets too cold before use, it can be reheated by placing in a pan of hot water.
* Any milk that the baby does not drink should be discarded because it is possible for bacteria to grow in the formula. Also, throw away the entire bottle if the baby does not drink it within two hours. Store bought ready-made formula can be stored in the fridge for up to 24 hours after it has been opened, because the contents have been sterilised before sealing.

**Dos and don’ts:**

Do not prop feed a baby, if they cannot feed themselves the baby must be fed by an adult. Prop feeding babies and children is a choking hazard!

Always keep the teat full of milk to avoid baby taking in air.

Wind non mobile babies to prevent them having trapped wind and being in pain. Most mobile babies will wind themselves naturally as they move about.

Never heat formula in the microwave because this can create hot spots in the milk, caused by uneven heating which can burn the baby.