

Only Early Learning Centre



Baby and Infant Feeding Policy

Policy Number 12

7 Columbia Way Baulkham Hills
Ph- 96808381
Email- info@onlyelc.com.au
Web- www.onlyelc.com.au
FB- @onlyelc

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Aim

To provide an environment that supports breastfeeding to allow for working mothers and children in care to be able to continue breast feeding until the child and mother are ready to discontinue. For the safety and wellbeing of children, staff and families at Only Early Learning Centre, it is essential to have adequate procedures and policies in place to secure practices that meet Work Health and Safety Standards, and current Food Safety Standards, when preparing and heating children's bottles.

Who is affected by this policy

Children
Educators
Staff
Management
Visitors
Families

Breast Feeding

Families who wish to provide breastmilk for their child while in care are welcomed and encouraged to do so. This is communicated to them through management and discussed during the enrollment and orientation process.

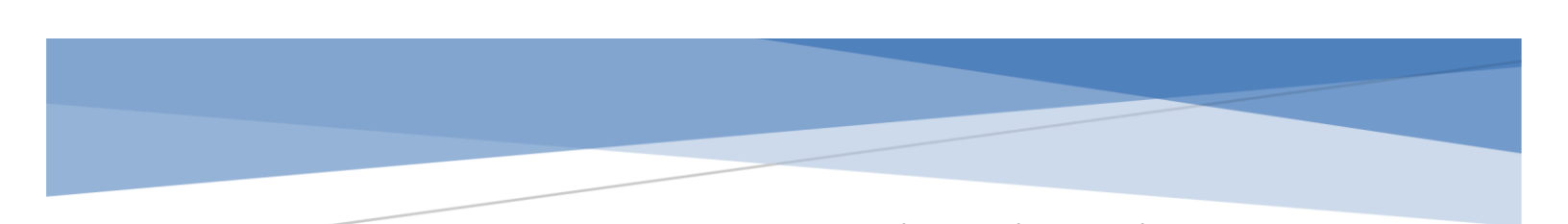
- There is a be a designated and labelled bottle preparation area in the kitchenette as well as a designated fridge to store the breastmilk.
- Families will document the breastfeeding schedule as needed on a feeding plan.
- Families are welcomed and encouraged to come in and breastfeed as they desire and per the child's needs.
- There are multiple designated areas within the centre for mothers to be able to breastfeed.

Freshly expressed breastmilk

Families will be asked to follow these guidelines when bringing in freshly expressed breast milk with their child.

Breastmilk is to be placed into a breastmilk storage bag or a clean, closed container – that is, not into the same container as previously refrigerated or frozen milk. Breast milk can be stored:

- at room temperature (26°C or lower) for 6-8 hours
- in the fridge (5°C or lower) for up to 72 hours – the best spot is the back of refrigerator where it's coldest
- in the freezer compartment inside a fridge for two weeks
- in the freezer section of a fridge with separate door for three months
- in the deep freeze (-18°C or lower) for 6-12 months



The date needs to be written on the storage container or bag before you refrigerate or freeze the breast milk.

Previously frozen breastmilk (thawed in the fridge but not warmed)

We ask families to take frozen breastmilk out of the freezer the night before and place it in the fridge so that it can be used the following day.

This breastmilk can be stored:

- at room temperature (26°C or lower) for four hours or less – that is, until the next feed
- in the fridge for up to 24 hours (the best spot is the back of refrigerator where it's coldest).
- do not refreeze previously frozen breastmilk.

Frozen Breastmilk thawed outside fridge in warm water

This breastmilk can be stored:

- at room temperature (26°C or lower) until the end of the feed
- in the fridge for four hours or until the next feed.
- do not refreeze previously frozen breastmilk.

If a baby doesn't finish their feed of expressed breastmilk, it cannot be used for another feed. It will be thrown away.

Transporting Breast Milk to the centre

Expressed breastmilk can travel:

- in an insulated container like an Esky or cooler bag with a freezer brick
 - either frozen or fresh – if the milk has completely thawed, use it within four hours and don't refreeze it.
- Place the labelled breastmilk in the refrigerator as soon as the child arrives or in the freezer if it's still frozen.

Preparing expressed breastmilk for use:

- Families are to bring a bottle in for feeding, the breastmilk can already be in the bottle or the family can provide the breastmilk in a safe storing container and a bottle.
- Warm the container of breastmilk by placing it in warm water. Use fresh breastmilk first if there is some, but if you're using frozen breastmilk, you can thaw it by placing it in either cool or warm water.
- Gently swirl the bottle or container and test the temperature of the milk before feeding the child. Do not shake the bottle.
- **Don't use a microwave oven** to thaw or warm the milk, because this destroys some of the components of breastmilk. It can also result in hot spots, which can burn a child.



Breastfeeding Employees:

Only Early Learning will support Employees who wish to continue feeding and will ensure the following is provided for an employee who wishes to breastfeed or express pump their milk. We will take all requests for breastfeeding and take all reasonable steps to support a staff member. Breastfeeding employees will be provided with a flexible schedule for breastfeeding or pumping to provide expressed breastmilk.

Only Early Learning will provide the employee with:

- A designated, private place to feed their baby or express their milk with a comfortable chair, handwashing facilities close by and an electrical outlet.
- Time for breastfeeding mothers to feed their child as they require. A member of management will meet with a breastfeeding employee to create a plan for their breastfeeding schedule.
- Support for employees who wish to continue breastfeeding, we ask them to regularly keep us updated to any changes they and their child may have so that their breastfeeding plan can be reviewed and updated.



For Families

We would like to support you to continue breastfeeding. Please complete this plan to help us support you and your baby. Please update the plan if there are any changes to yours and your baby's routine.

How does your baby feed at home?

How often does your baby feed each day?

How would you like your baby to be fed whilst at our service?

If you would like to visit your baby to feed, how can we support you?

If the supply of expressed milk runs out before you return, what actions would you like us to take until you get here?

Does your baby have a preference of how they like to be fed their expressed breast milk?

What can we do to further support you breastfeeding?



For Employees

We would like to support you to continue breastfeeding. Please complete this plan to help us support you and your baby. Please update the plan if there are any changes to yours and your baby's routine.

How often does your baby feed each day? (if your child also attends the service)

How often will you need to feed your baby or express whilst on shift?

Where do you feel comfortable feeding or expressing whilst at work?

Are you aware of where you can store your breast milk?

If you would like to feed your baby, how can we support you?

What can we do to further support you breastfeeding?

Bottle Safety and Hygiene

All educators are to ensure that the correct procedures for preparing, heating and storing of bottles or breast milk and formula are implemented at all times. Only Early Learning Centre will have a specific designated area for all bottle preparation which is safe and hygienic. This area is between the Nursery and Discoverers classrooms.

Safe Preparation Procedure for Powdered Infant Formula:

- Wash and dry hands, surfaces, utensils and equipment thoroughly.
- Prepare formula exactly according to **manufacturer's instructions, not parent instructions.**
- Make a fresh batch of formula before each feed.
- Warm formula by placing the bottle, for no more than 15 minutes, in a commercial bottle warmer – **Do not use a microwave as it reheats unevenly.**
- Discard warmed formula that has not been consumed after 2 hours.
- Discard unfinished formula.
- Check temperature of formula before feeding, by placing a drop of liquid on the inside of your wrist. It should feel warm.

Safe Storage and Rewarming of Expressed Breast Milk:

- Store breast milk in a sterile container, label with the date it was expressed, in the fridge or freezer.
- Thaw frozen breast milk in the fridge and use within 24 hours.
- Warm expressed breast milk in heated, shallow water for no more than 15 minutes.
- Do not refreeze the milk.
- Discard after four hours at warm temperatures.

Bottle Safety

- Test the temperature of the bottle before feeding to children, by placing a few drops on the inside of the wrist.
- Supervise children drinking bottles at all times.
- Give a bottle to children before going to bed, to reduce the risk of tooth decay. If a child has a bottle while lying on their bed, they are to be directly supervised. The bottle is then to be removed and placed in a basket/container with the lid on immediately after finishing.
- Discard any leftover milk at the completion of feeding.
- Rinse all children's bottles thoroughly after use.
- Ensure lids are placed back on the bottles after finished, if lids aren't provided use glad wrap to cover the teat.
- Send all bottles homes for sanitising on a daily basis.
- Safe practices will be implemented at all times.



Bottle Feeding

Only Early Learning Centre aims to ensure that all infants are comfortable whilst being bottle fed at the centre. All educators will use the following strategies to ensure this:

Transition from Breast Milk to Solid Foods

Australian recommendations state that infants from 4-6 months old can begin to be transitioned from breast or formula milk to foods. Only Early Learning Centre will support children and families through the transition from milk to solid foods.

Infants transitioning from milk to solid foods:

- Will only have small amounts of solid food.
- Will have meals prepared for them that are pureed with no lumps.

The following guidelines will be followed with all infants throughout this transition:

- Meal times for infants will be as calm and relaxed as possible.
- Continuous positive encouragement will be given to all children.
- Small amounts of food will be served to the children.
- Children will be encouraged to identify when they are full. Children will not be forced to finish food.
- Food will be served to the children in small, bite sized pieces.
- Infants will always be highly supervised during meal times.
- Infants will be served a range of different food flavours and textures.
- Infants will not be served any foods that they have not previously tried at home.

Transition from Formula to Cows Milk

The time between 18 months and 3 years can be time of big change for both families and children. There is a change in an infant's diet from the age of 6 to 12 months. By the time a child is 12 months old, the reliance on the breast or formula as the sole food source has decreased. Only Early Learning Centre will follow these guidelines when supporting children and families through the transition from formula to cows' milk.

- Pasteurised whole cow's milk may be introduced to a child's diet at around 12 months of age.
- In Australia reduced fat milks are recommended for older children and for all adults as part of a healthy diet. By the time children reach 2 years of age they can begin consuming reduced fat milk. Children under the age of 2 years will not be served reduced fat milk whilst at the centre.

Legal Requirements

Only Early Learning Centre will not at any time:

- Refuse an application for a position at the centre, or not offer a position, because a child is breastfed, as required by law.
- Discourage a mother from continuing to breastfeed when her child starts attending the centre.
- Refuse to let a mother breastfeed or express breastmilk on the premises.
- Refuse to feed a child its mothers expressed breastmilk.
- Do anything or act in a way that makes it difficult for families to continue giving breastmilk to a child while they are in the services care.

The Approved Provider/Nominated Supervisor will ensure that this policy is maintained and implemented at all times.

Sources

http://raisingchildren.net.au/articles/about_breastmilk.html/context/230

Munch and Move Breastfeeding Policy – Practice 1 Service encourages and support breastfeeding.

Education and Care Services National Regulations 2011

77 Health, hygiene and safe food practices

78 Food and beverages

National Quality Standard 2018

2.1 Each child health and physical activity is supported and promoted

2.1.2 Health practices and procedure

2.1.3 Healthy lifestyle

Staying Healthy in Child Care, 5th Edition.

Part 3 – Section 3.5.3

Education and Care Services National Law Act 2010

167 Offence relating to protection of children from harm and hazards

Review

The policy will be reviewed annually. Review will be conducted by management, employees, parents and any interested parties.

Reviewed By: Alex Jury **Date:** 25th June 2019

Approved By: Kelly Williams

Date for Next Review: 25th June 2020