

Milk/Formula

To ensure that each child receives the correct dose and type of milk that is right for them, we have a milk/formula policy that gives parents full control over the milk given to each child and reduces the risk of children suffering allergic reactions. By using this policy, we will increase the amount of time our practitioners can spend with the children and decrease the risk of allergic reactions.

Parents have the following options when bringing in milk for their child:

- Use ready-to-feed liquid infant formula
- Labelled expressed breast milk (will be stored in the fridge)
- Parents may prepare the formula feed at home, cool it for at least one hour in the fridge, then bring it in named bottles to be kept in our milk fridge until consumption.

NHS guidance on transport

The NHS states bottles must be taken out of the fridge just before travel and carried in a cool bag with an ice pack and used within four hours. If parents do not have an ice pack, or access to a fridge, the made-up infant formula must be used within two hours.

- If made-up formula is stored in a fridge, use within 24 hours.
- If made-up formula is stored in a cool bag with an ice pack, use within four hours.
- If made-up formula is stored at room temperature, use within two hours.


As we store milk in a fridge and the fridge temperature is checked daily, we may keep bottles for the day. Unused bottles should be collected or discarded every evening.

After feeds:

- Bottles and teats will be thoroughly cleaned with hot, soapy water (dishwasher will not be used)
- Contents of bottles are disposed of after two hours
- A designated area is available for mothers who wish to breastfeed their babies or express milk

Additional information

- Bottles will be labelled by the team if not done by the parent.
- Milk will be warmed in a jug or bowl of warm water or bottle warmer, never the microwave to avoid hot spots in the milk.
- The temperature of the milk must be tested before it is given to a child.
- Staff should test the temperature on the inside of the wrist. The milk should be at body temperature. It should feel warm or cool on the skin but never hot. If the feed needs to be cooled down, then this should be done by running the bottom half of the bottle under a cold tap with the lid and teat in place.
- The quantity and time taken must be recorded on Family app accurately as for other food in the nursery.
- In line with NHS guidelines, once a child turns 1 year old we advise that, to break the habit of comfort sucking on a bottle, to stop drinking from a teat style of bottle. We will work with parents to promote drinking from a sippy cup (such as a Tommee Tippee) from 6 months old so by the child's first birthday, they do not need a bottle.

This policy was adopted on	Signed on behalf of the nursery	Date for review
01/05/2026		01/05/2027