



## Milk Policy

### Breast Milk

Continuing feeding your baby with breast milk has excellent health benefits for you and your baby. Here at Creative Stars, we aim to support parent's choice when continuing to give their baby breast milk at the Nursery.

We will handle breast milk using gloves and store it by the following Breastfeeding Network Guidelines for storing breast milk.

Please inform us if you are bringing breast milk to nursery, so that we can ensure it is stored correctly in a separate area of the fridge and handled in the correct way.

We will only store breastmilk onsite for the day in which it will be consumed. If the milk has not been consumed within that day, we will throw it away or send it back home.

All breastmilk must be given in a clearly labelled bottle or container.

### Formula Milk

We follow the department of health food standards agency guidelines by asking for milk NOT to be brought into nursery ready mixed in the bottles. Please bring in enough sterilised empty bottles and pre-measured milk powder in pot for your child's session.

The bottles will be prepared by the staff with freshly boiled water from the kettle as and when required. We will discard any leftover milk bottles 1 hour after they have been prepared. You will find that as your baby eats more solid foods, the amount of milk your baby wants will start to reduce. Once your baby is eating plenty of solids several times a day, you can drop a milk feed and aiming towards the NHS guidelines, which states by one year a child should be off the bottle and be drinking milk from a beaker. Breastfeeding will continue to benefit you and your baby for as long as you choose to carry on.

Cow's milk can be introduced from 1 year.

We will label your child's bottles and beakers onsite if you have not done so. If you would like to opt out, please let your child's key person know.

Your child's key person will record how much milk your child has consumed in the communication book.

We will also give children water from 6 months.

**This policy was reviewed on: 16.09.21**

**Date of next review: 16.09.22**