

Parents Guidance for the Safe Preparation of Bottles

The Department of Health and Food Standards Agency have issued revised guidance on the preparation and storage of powdered infant formula milk. We ask that parents bring bottles to us already sterilised for use to add water and powder to them. This guidance from The Department of Health and Foods Standard Agency informs how to prepare the bottles ready for our use.

Cleaning and sterilising feeding equipment

It is very important that all equipment used for feeding and preparing feeds has been thoroughly cleaned and sterilised before use.

- ✓ Wash hands thoroughly before cleaning and sterilising feeding equipment
- ✓ Wash feeding and preparation equipment thoroughly in hot soapy water
- ✓ Bottle and teat brushes should be used to scrub inside and outside of bottles and teats to ensure that all remaining feed is removed
- ✓ After washing feeding equipment rinse it thoroughly under the tap
- ✓ If using a commercial steriliser, follow manufacturer's instructions
- ✓ If your bottles are suitable for sterilising by boiling: fill a large pan with water and completely submerge all feeding equipment, ensuring there are no air bubbles trapped; cover the pan and boil for at least 10 minutes, making sure the pan does not boil dry. Keep the pan covered until equipment is needed.
- ✓ Wash hands thoroughly and clean the surface around the steriliser before removing equipment.
- ✓ It is best to remove the bottles just before they are used.
- ✓ If the bottles are not being used immediately, they should be fully assembled with the teat and lid in place to prevent the inside of the sterilised bottle and the inside and outside of the teat from being contaminated.

The Company feels in view of the Foods Standard Agency infant feeding guidance that it is in the child's best interest to have each feed made up freshly and in accordance with Government Guidelines, therefore Parents should be bring in dry formula or ready-made liquid feeds so that staff can make up bottles as and when they are required.

You may ask for a copy or view our Guidance for the Safe Preparation of Milk Feeds on our website. Staff all receive individual training on infant feeding preparation.