

# Bottled Breast Milk Policy

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Breastfeeding is important for infant's nutrition. Australian and international health authorities recommend exclusive breastfeeding until around 6 months of age. At around 6 months, solid food can then be offered whilst breastfeeding is continued until 12 months or longer if the Mother and baby desire.

Early Childhood Education and Care Services have an important role in supporting mothers to continue to breastfeed. Returning to work is the most common reason given by Mothers for stopping breastfeeding. Educators will inform Mothers that the provision of breast milk is supported at our Service.

## National Quality Standard (NQS)

Quality Area 2: Children's Health and Safety		
2.1.1	<b>Wellbeing and comfort</b>	Each child's wellbeing and comfort is provided for, including appropriate opportunities to meet each child's needs for sleep, rest and relaxation.
2.1.2	<b>Health practices and procedures</b>	Effective illness and injury management and hygiene practices are promoted and implemented.
2.1.3	<b>Healthy lifestyle</b>	Healthy eating and physical activity are promoted and appropriate for each child.

## Education and Care Services National Regulations

Children (Education and Care Services) National Law	
<b>77</b>	Health, hygiene and safe food practices
<b>78</b>	Food and beverages
<b>168</b>	Education and Care Services must have policies and procedures

## Related Policies

Bottle Safety & Preparation Policy

Health & Safety Policy

Nutrition & Food Safety Policy

Sterilising Bottles & Teats Policy

Work Health & Safety Policy

## PURPOSE

To ensure our Service maintains a hygienic premises for all infant children requiring breast milk, Educators will certify that bottles are prepared safely and hygienically maintaining Work Health & Safety Standards and current Food Safety Standards.

## SCOPE

This policy applies to children, families, Educators, staff, students, volunteers & visitors of the Service.

## **IMPLEMENTATION**

Breast milk contains a Mothers antibodies which can help prevent illness in infant children. It is therefore important to encourage and support Mothers of infant children, up to 12 months of age, to provide expressed breast milk or to visit the Education and Care Service to feed infant children.

### **Management will ensure:**

- Procedures are developed for the safe storage, preparation and heating of bottles of breast milk.
- The Nominated Supervisor and Educators are aware of the Service procedures for preparing, heating and storing bottles of breast milk.
- Families are aware that our Service is a 'breastfeeding friendly' Service.
- Families are provided with breastfeeding information during enrolment and orientation.
- Mothers are provided with a private, clean and quiet place to breastfeed their children or express milk, including an electrical outlet, a comfortable chair, a change table and nearby access to hand washing facilities.
- Culturally appropriate pictures and posters of breastfeeding are displayed within the Service.
- Brochures, pamphlets and other resources about breastfeeding are displayed or easily accessible.
- Educators, staff, families and visitors are informed that it is a Mothers legal right to breastfeed her child at the Service.
- An individual breastfeeding support plan is developed in consultation with families, including arrangements for what the Service will do if we do not have enough expressed breast milk to meet a child's needs.
- Literature is updated and distributed to Educators and staff as required to support 'best practice'.
- Families are provided with accurate nutrition and feeding information.

### **Nominated Supervisor / Responsible Person will ensure:**

- Educators, staff, students and volunteers implement the Service procedures for the safe storage, preparation and heating of bottles of breast milk.
- Connections are established and maintained with local breastfeeding support networks including NSW Health and the Australian Breastfeeding Association.
- Current printed or electronic lactation resources are available to families and employees.
- Mothers with breastfeeding concerns are referred to appropriate resources, including support services offered by NSW Health, Australian Breastfeeding Association groups or private lactation consultants.

### **Educators will ensure:**

- They adhere to Service procedures for the safe storage, preparation and heating of bottles of breast milk.
- Bottles of breast milk are stored in the fridge at all times until heating is to commence.
- Bottle contents are discarded if not used within 30 minutes.
- Bottles are not re-heated at any time.
- They provide a supportive environment for breastfeeding.

- They provide participatory learning experiences for children related to breastfeeding and offer children's books that contain pictures of breastfeeding, play dolls that are nursing and other learning experiences that normalise breastfeeding.

**Families will:**

- Be welcomed into the Service at any time to attend to breastfeeding requirements of their child.
- Be informed during orientation that children's bottles of breast milk must be clearly labelled with the child's name and the date of expression. They should also advise Educators on the method of storage of the breast milk prior to being brought into the Service (E.g. Refrigerator, Freezer Compartment, Freezer Section or Deep Freeze – see Procedure for Safe Storage, Preparation and Heating of Bottled Breast Milk below).
- Be encouraged to communicate regularly with Educators about children's bottled breast milk and feeding requirements.

**Procedure for Safe Storage, Preparation and Heating of Bottled Breast Milk:**

Breast milk can be stored in several ways, which include:

1. Refrigerated for 3–5 days at 4°C or lower (4°C is the typical temperature of a standard fridge). Store breast milk at the back of the refrigerator, not in the door.
2. Frozen in a separate freezer section of a refrigerator for up to 3 months; if your freezer is a compartment inside the refrigerator, rather than a separate section with its own door, then only store the breast milk for 2 weeks. Frozen in a deep freeze (–18 °C or lower) for 6-12 months.

Frozen breast milk can be thawed by:

1. Placing in the refrigerator and using within 24 hours.
2. Standing the bottle in a container of lukewarm water and using straight away.

Our Service keeps a non-mercury thermometer in each refrigerator to regularly check and record that the temperature is below 5°C.

**Staff Training**

**Our Service will:**

- Provide orientation for new Educators and staff to the Bottled Breast Milk Policy and offer appropriate training.
- Ensure all Educators and staff that have responsibility for the care of infant children are able to provide basic breastfeeding information and refer mothers with breastfeeding concerns to appropriate resources, including support services offered by NSW Health and Australian Breastfeeding Association groups or private lactation consultants.
- Ensure Educators and staff encourage parents to develop babies' individual breastfeeding support plans and regularly update their plans, with support from NSW Health and Australian Breastfeeding Association groups or private lactation consultants where appropriate.
- Ensure all Educators and staff promote exclusive breastfeeding until babies are 6 months of age with continued breastfeeding to one year and beyond.

## Support for Educators and Staff who are Breastfeeding

### Our Service will:

- Treat requests for support to continue breastfeeding sympathetically and reasonably, and make all reasonable efforts to support the Educator or staff member.
- Provide breastfeeding employees with a flexible schedule for breastfeeding and expressing breast milk for infant children.
- Provide breastfeeding employees with a private, clean and quiet place to breastfeed their babies or express milk, including an electrical outlet, comfortable chair, a change table and nearby access to hand washing facilities.

### Sources

- Australian Children’s Education & Care Quality Authority.
- Guide to the Education and Care Services National Law and the Education and Care Services National Regulations, 2015.
- ECA Code of Ethics.
- NSW Food Authority: [www.foodauthority.nsw.gov.au](http://www.foodauthority.nsw.gov.au)
- Food Standards Australia: [www.foodstandards.gov.au](http://www.foodstandards.gov.au)
- National Health and Medical Research Council: [www.nhmrc.gov.au](http://www.nhmrc.gov.au)
- NSW Department of Health: [www.health.nsw.gov.au](http://www.health.nsw.gov.au)
- Australian Breastfeeding Association: [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)
- Mothers Direct: [www.mothersdirect.com](http://www.mothersdirect.com).
- Staying Healthy in Child Care – Preventing Infectious Diseases in Child Care - 5th Edition, 2005.
- Safe Food Australia, 2nd Edition. January 2001.
- Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood.
- Infant Feeding Guidelines, 2012.
- Revised National Quality Standard, 2018.

### Review

Policy Reviewed	Modifications	Next Review Date
February 2017	New policy created with the new format Research conducted from Get up and Grow, which has formulated this policy.	February 2018
October 2017	Updated references to comply with the Revised National Quality Standard.	February 2018
February 2018	Added related policies list.	February 2019