

Warradale Community Children's Centre acknowledges the traditional custodians of the land we live on today and we pay our respects to the Aboriginal and Torrens Strait Islander People past, present and emerging.



## Bottle/Breast Milk Policy

### National Quality Standard (NQS)

Quality Area 2: Children's Health and Safety		
2.1.1	Wellbeing and comfort	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	Health practices and procedures	Effective illness and injury management and hygiene practices are promoted and implemented
2.1.3	Healthy lifestyle	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	
77	Health, hygiene and safe food practices
78	Food and beverages
168	Education and care services must have policies and procedures

### Aim:

To ensure our service maintains hygienic premises for all infants requiring breast milk, and that educators will certify that bottles are prepared safety and hygienically maintaining Health and Safety Standards, and current Food Safety Standards.

To allocate time in the roster for educators who are pumping/breast feeding during work hours.

### Implementation:

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

Early Childhood Education and Care Services have an important role in supporting mothers to continue to breastfeed, as returning to work is a common reason given for stopping

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breastfeeding. Educators will inform mothers that the provision of breast milk is supported at Warradale Community Children's Centre. As breast milk contains the mother's antibodies, which help prevent illness in infants, it is important to encourage and support mothers of infants up to 12 months old to provide expressed breast milk, or to visit the centre to feed their child.

Educators will be allocated two 30 minutes break to pump /breast feed their child/children during their shift hours. They will be given a safe and clean space to utilise during the breastfeeding/pumping time.

#### **Leadership will ensure that:**

- Educators are aware of the procedures for preparing, heating and storing bottles breast milk.
- Procedures for the safe storage and heating of food provided in bottles is developed.
- Parents are aware that the service is a 'breastfeeding friendly' service.
- Families are provided with breastfeeding information during enrolment and orientation.
- A welcoming environment is provided for mothers to comfortably breastfeed or express breast milk.
- Breast milk can be stored and handled safely at the service.
- Families are provided with accurate nutrition and feeding information.
- Easily accessible brochures, pamphlets and other resources about breastfeeding are available.
- Educators and families are educated, that a mother may breastfeed their child at the service, as this is their legal right.
- An individual breastfeeding support plan is developed in consultation with families, including arrangements for what we as a centre do if we do not have enough expressed breast milk to meet the child's needs.
- Literature is updated and distributed to staff as required to support 'best practice'.
- Ensure that educators implement the procedures for preparing, heating and storing bottles of breast milk.
- Adhere to the procedure for the safe storage and heating of food provided in bottles.
- Provide mothers with a clean place to breastfeed their child/ren or express milk.
- Stimulate participatory learning experiences with the 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.
- Establish and maintain connections with local breastfeeding support networks, including SA Health and the Australian Breastfeeding Association.
- Maintain current printed or electronic lactation resources available to families and employees.

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- Employees returning from maternity leave will be informed about the Breast feeding policy.
- Refer mothers with breastfeeding concerns to appropriate resources, including support services offered by SA Health, Australian Breastfeeding Association groups or private lactation consultants.

### **Educators will:**

- Ensure all bottles are stored in the fridge at all times until heating is to commence.
- Ensure frozen breast milk is de-frosted in the fridge until heating.
- Ensure, for occupational health and safety reasons, while bottles are heating in their containers, they are to be placed in a sink where possible or as far from all bench edges and work spaces.
- Ensure that bottles are not to be re-heated at any time.
- Discard bottle content if not used.
- Never heat breast milk in the microwave
- Cover the employee to pump or breast feed their child/children two times a day for 30 minutes outside of the allocated breaks.

### **Families will:**

- Be informed during orientation that children's bottles must be clearly labelled with the child's name.
- Label bottles containing breast milk with the date of preparation or expression.
- Be encouraged to supply breast milk in well labelled, multiple small quantities to prevent wastage.
- Be encouraged to communicate regularly with educators about children's bottle and feeding requirements.

### **Storing bottles**

Breast milk needs to be kept refrigerated or frozen. Keep a non-mercury thermometer in your fridge so that you can check that the temperature is below 5°C. All bottles need to be labelled with the child's name and the date the bottle was prepared or brought in by the parent.

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

- 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.

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- 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:

- Placing in the refrigerator and used within 24 hours.
- Standing the bottle in a container of lukewarm water and used straight away.

## Staff Training

Warradale Community Children's Centre will:

- Provide orientation for new staff to the breastfeeding policy and offer appropriate training, including using a cup or spoon for feeding, where an infant will not accept a bottle.
- Ensure all staff that have responsibility for care of infants and children are able to provide basic breastfeeding information and are able to refer mothers with breastfeeding concerns to appropriate resources, including support services offered by SA Health, Australian Breastfeeding Association groups or private lactation consultants.
- Ensure staff encourage parents to develop babies' individual breastfeeding support plans and regularly update their plans, with support from SA Health, Australian Breastfeeding Association groups or private lactation consultants where appropriate.
- Ensure all staff promote exclusive breastfeeding until babies are about 6 months old with continued breastfeeding to one year and beyond.

## Support for Educators and Staff who are Breastfeeding:

Warradale Community Children's Centre will:

- Treat requests for support to continue breastfeeding sympathetically and reasonably and make all reasonable efforts to support the staff member.
- Provide breastfeeding employees with a flexible schedule for breastfeeding or pumping to provide expressed breast milk for their children.
- Provide breastfeeding employees with a private, clean and quiet place to breastfeed their babies or express milk.

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### Evaluation:

This policy is viewed to be working effectively when bottled breast milk is being delivered to the child correctly.

### Source

Australian Children's Education & Care Quality Authority. (2014)  
 Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2015.  
 ECA Code of Ethics.  
 SA Department of Health  
 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 Standards

### Record of Policy Adoption and Amendment:

Version	Date	Details	Author	Next Review Date
1.0	8/6/18	Policy developed	Trish Cook	June 2022
1.1	3/7/23	Added employees to be allocated two 30 minutes breaks to pump/breast feed their child/children.	Poornima Radhakrishnan	Dec 2024
1.2	4/8/2023	Reviewed- no changes since last month	Stephanie Bilsborow	4/8/2024