



General Feeding Information

Feeding time should be a social occasion, an excellent time to build a close relationship with a baby. Primary caregivers should sit at eye level, make eye contact, and communicate with the baby while feeding.

Magic Tree Nursery policy is to feed a baby when he or she indicates signs of hunger.

- Respond to early signs of hunger. Do not wait until the baby is upset or crying from hunger.
- Never force a baby to eat or finish a bottle or a serving of solid food.

Always wash your hands and sanitise work surfaces before preparing food and/or bottles and before feeding babies. Please ensure your hair is tied back and that aprons and gloves are worn. Wash the baby's hands before and after he or she eats.

Bottle Feeding

Storage of Food and Bottles

Because baby's bottles are often alike, as is their food, a colour coding or naming system should be in place in the kitchen for all food and bottle storage.

Breast Milk Precautions

Breast milk is a body fluid and should be treated as such. You should clean up breast milk spills like any other body fluid:

- Wipe up the spill wearing disposable gloves and an apron.
- Dispose of.
- Clean the area with bleach and water solution.

A child should never drink expressed breast milk intended for another child. If this happens, the incident should be taken seriously. Although the risk of any illness being transmitted is very small, should it occur, proceed as follows:

- Inform the parent/guardian of the child given the wrong bottle that his or her child drank another child's breast milk.
- Inform the mother whose milk was consumed about the switch

Storing Bottles of Formula and Milk

Verify that bottles of formula or milk are properly labelled. As soon as bottles of formula or milk are brought into Magic Tree Nursery, verify that each bottle is labelled with easy-to-read labels, showing

- the baby's full name
- the date collected
- an expiration date

Do not accept any bottles unless they are labelled with the child's full name, and do not use any unlabelled bottles that have been accidentally accepted.

Refrigerate bottles of formula and milk immediately. Refrigerator temperature should be kept between 2°C - 5°C.

Do not leave prepared bottles standing on the counter, radiators or laying around the nursery.

Note: Bottles should be brought in and taken home daily. If bottles remain in the Nursery, all unused bottles of formula should be removed from the refrigerator after 24 hours and discarded.

Storing Bottles of Breast Milk

As soon as pouches of breast milk are brought to the Nursery, verify that each is labelled with easy-to-read labels, showing

- the baby's full name
- the date collected
- an expiration date

Refrigerate or freeze breast milk immediately, as appropriate. If the breast milk will be used within 24 hours, store immediately upon receipt in a clean, tightly sealed, labelled, and dated container that is placed in the rear of a refrigerator.

Freeze breast milk if it will not be used within 24 hours. Milk may be frozen for one month in an average freezer. Discard frozen breast milk after one month.

Note: Remove all unused bottles of breast milk from the refrigerator after 48 hours and discard the contents.

Warming Bottles Breast Milk:

Regardless of whether you are preparing a bottle of formula, milk, or breast milk, verify that you have the correct bottle for the child. Double-check the bottle to ensure that it is clearly labelled with the full name of the child for whom it is intended.

1. Wash your hands and sanitise work surfaces.

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2. Thaw frozen breast milk. If you are using frozen breast milk, get the bottle from the freezer and place it under cold running water or place it in the refrigerator. Use the oldest pouch of breast milk first.

Fat in breast milk may separate and rise to the top as it thaws. Gently swirl the container to mix any fat that may have separated. Milk thawed in the refrigerator must be used within 24 hours.

3. If appropriate, prepare the formula for the baby according to the parent/guardian's written instructions.
4. Place the filled bottle in jug of hot water. Water should not be boiling.
 - Do not allow bottles to warm at room temperature.
 - Make sure only clean bottles are placed in the bottle warmer.

Making Bottles of Formula

Regardless of whether you are preparing a bottle of formula, milk, or breast milk, verify that you have the correct bottle for the child. Double-check the bottle to ensure that it is clearly labelled with the full name of the child for whom it is intended.

1. Wash your hands and sanitise work surfaces, tie hair back, wear gloves and an apron.
2. Place two ounces of boiling water into the bottle, add the formula and 'swirl' to mix. Fill the bottle with the desired amount of cool boiled water. Shake twice to mix.
3. Check the temperature of the milk on the inside of your wrist.
4. Serve

Note: Do not use a microwave oven to heat a bottle. Microwave ovens heat unevenly and place children at risk for serious burns.

Magic Tree recommends that boxes of formula are provided for each child which are clearly labelled with the child's name and date of opening. After 1 calendar month any unused milk is thrown away as guidelines state on formula boxes. All bottles and caps are labelled with the child's full name.

Note: Solid food should not be fed in a bottle unless the child has specific written instructions from a doctor. Solid food in a bottle is not only a choking hazard, it also teaches the child to eat solid foods incorrectly.

Specific information for each child must be obtained from parents such as formula amount.

After Feeding

1. After one hour, discard any unused breast milk, formula, or milk left in the bottle. Do not re-refrigerate or re-warm a partially consumed bottle. You may leave the

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bottle at room temperature for up to one hour in case the child wants more. Do not refreeze previously frozen breast milk.

Sterilising Feeding Bottles (for when preparing bottled feeds in nursery)

Read the instructions on the steriliser carefully.

Never try to take 'short cuts'.

Sterilisers are provided by the nursery. Before being sterilised, bottles should be cleaned thoroughly in warm water with a little washing-up liquid. Use a bottle brush to ensure the whole of the inside of the bottle is clean. Clean the teats well to make sure all milk deposits have been removed.

Rinse bottles and teats in clear water to remove all detergent before putting them into the steriliser.

Bottles and teats must be drained before use, but there is no need to rinse them.

Weaning

When the time comes, we work with parents to help with the weaning process from milk to solid food. We work with the child at his or her pace. Detailed discussions with parents about weaning their baby from the bottle and when to introduce solid foods or new foods should be undertaken. We are respectful of other weaning methods such as "baby Led" weaning. If parents choose this method, we follow their instructions. On the rare occasion we give a child a pouch of food this is to be warmed in a jug of hot water.

[Weaning - Start for Life - NHS](#)

Giving a Baby Solid Foods

1. Wash the baby's hands, and put a bib on the child. Wash your hands, tie hair back and put on gloves and an apron.

1. Place the baby in a high chair or at a low table in an age-appropriate chair.
 - When feeding more than one baby at a time, place babies so they can see one another.
 - Sit with babies while they are eating, maintaining eye contact and language interactions.

After Feeding

1. Wash the baby's hands, face, etc., after he or she eats.
2. Discard uneaten food from the bowls. Do not return uneaten food to the original baby food containers.
3. Record what a child has eaten onto daily sheet and verbally feedback to parent/carer at the end of the day.
4. Bowls and spoons used for children under 1 year old to be sterilised after washing.

Infants and young children

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This setting regards snack and meal times as an important part of the settings routine. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and meal times, we aim to provide nutritious, healthy and balanced food, which meets the children's individual dietary needs. To meet these requirements providers must have regard to the https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf

- Before a child starts to attend the setting, we find out from parents their children's dietary needs, including any allergies and we record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct. The [Paediatric Allergy Action Plans - BSACI](#) should be referred to.
 - We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date and shared with all staff. Parents send written confirmation of any diet or allergy changes. All current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
 - We ensure all staff are trained to know the symptoms and treatment of anaphylaxis. We refer to the NHS advice about food allergies. [Food allergy - NHS](#) and treatment of anaphylaxis: [Anaphylaxis - NHS](#)
 - We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
 - We plan menus in advance, involving children and parents in the planning.
 - We provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
 - We include foods from a variety of cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
 - We provide children with utensils which are appropriate for their ages and stages of development and which take account of the eating practices in their cultures.
 - We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the session/day.
 - We offer children arriving early in the morning - and/or staying late - an appropriate meal or snack.
 - We inform parents who provide food for their children about the storage facilities available in the setting.
 - We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.
 - For children who drink milk, we provide whole and pasteurised milk. We also provide a dairy free alternative for children with dairy allergies/intolerances.

Supervision

Infants and young children should be seated safely in a highchair or appropriately sized low chair while eating. Infants and young children should never be left alone while they are eating, and staff should be familiar with paediatric first aid advice for children who are choking.

Staff should wash their hands, tie hair back, wear an apron and gloves when **PREPARING** all foods and serving to children.

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Food should be prepared in a way to prevent choking. This guidance: [Help for early years providers : Food safety](#) includes advice on foods and drinks to avoid to reduce the risk of choking as well as links to various helpful resources.

Early years food choking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.

Make sure food is prepared appropriately for children under 5 years old, see: <https://www.nhs.uk/start4life/weaning/>

It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/> and How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>



Early years choking hazards food safety advice

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For babies and young children, food can be a choking hazard, especially when they do not chew their food well or they try to swallow it whole.

Choking can happen with any foods, but 'firm foods', bones and small round foods that can easily get stuck in the throat present a higher risk. Therefore, care givers should follow these five essential steps:

- 1** Make sure food is suitably prepared and served for babies and children under 5 years old. For suitable foods, see <https://www.nhs.uk/start4life/weaning/> Introduce babies to solid foods from around 6 months of age.
- 2** Think about size, shape and texture of food. Cut food into narrow batons, avoid round shapes and firm foods. Firm fruit & vegetables can be softened by cooking.
- 3** Ensure that babies and young children are alert and seated safely upright in a highchair or appropriately sized low chair whilst eating.
- 4** Babies and young children should be supervised at all times while eating. You will be able to identify the early signs of choking and prevent harm.
- 5** Encourage babies and young children to chew food well. Teach children how to chew and swallow food properly, and ensure they take their time during meals. This will reduce their risk of choking.

Care givers and parents should be familiar with how to respond to a choking incident in line with guidance on first aid for children:

How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>