



## **Bright Start Day Nursery Breast Feeding Policy**

Bright Start Day Nursery aims to make our mothers feel comfortable in our nursery should they wish to breastfeed their babies whilst here.

1. Staff will provide the mother with a comfortable seat, this could be anywhere within the nursery or somewhere private if necessary.
2. We will provide hand washing facilities and access to a drink.
3. Expressed milk can be stored either in our milk fridge or brought in frozen – milk should be clearly labelled and dated.
4. The babies feeding routine will be discussed with the mother and the child's key worker during the settling in period.
5. Arrangements can be made for the mother to come in and breastfeed and/or express throughout the day.
6. The baby will be given cooled boiled water between feeds.

The Keyworker will:

1. Communicate daily with the parent to share any important information.
2. Record information to include the time of feeds and amount of milk consumed.
3. The keyworker will ensure that milk is clearly labelled with the child's name and time and date the milk was expressed.

Preparation:

1. Good hygiene will be ensured both before and after preparation of feeds.
2. Milk will be given following parents' wishes i.e. from the fridge, room temperature or heated.
3. Any unused milk will be discarded; bottles will be rinsed and returned to the child's bag for sterilisation at home.

Storage:

1. Breast milk can be stored in the main body of the milk fridge or if to be kept frozen, in the freezer department. This will have to be transported home in an insulated bag. If the milk shows any signs of thawing do not re-freeze.
2. Fridges are monitored every day for temperature control measures and this is recorded.