



7.12 (b) Breast Milk, Milk and Drinks Policy

Policy number: 7.12(b)
Date last reviewed: July 2023
Reviewed by: Child Care Team

This policy relates to	
National Quality Standards Early Childhood Education & Care	2.1.3 Healthy eating and physical activity are promoted and appropriate for each child.

Purpose

Educators will ensure that children receive adequate milk to meet their daily requirements

Background

Children’s growing bodies need adequate provision of calcium, mostly provided through milk and milk products.

Policy

Discussions between parents and educators around the preparation and provision of formula/breast milk should occur prior to care commencing.

Parent’s choice to provide breast milk for their child is supported and encouraged by the service. (*Reference: Dietary Guidelines for Children and Adolescents in Australia – Encourage and support breastfeeding*). Educators should encourage mothers to continue breastfeeding as long as possible, and the environment should support this. A comfortable, quiet area may be set up to allow mothers to breastfeed their baby at the service.

All Beaucare buildings have comfortable spaces for mothers wishing to breastfeed.

Breast milk is a bodily fluid and needs to be treated with care. Breast milk should be clearly labelled and supplied in a non-spill airtight container or breast milk bags. It should be carried in a way to prevent spoilage (i.e. in an insulated container with a frozen cooler brick) and must be refrigerated by storing in the coldest part of the fridge and can be kept for three to five days. Defrosted breast milk should be used within 24 hours.

Breast milk can be frozen in a freezer that has a separate door to the refrigerator for up to 3 months. Breast milk can be stored in a freezer compartment within a refrigerator for two weeks only.

Formulas

Infant formula may be prepared in advance if refrigerated and used within 24 hours. Formula older than 24 hours should be discarded. For infants in care, parents should provide the setting with

sterilised bottles and teats, as well as pre-measured powdered formula each day. These should be clearly labelled with the date, the baby's name and the amount of water to be mixed with the formula. It is preferable that parents bring bottles already filled with the correct amount of pre-boiled, cool water, so that educators do not have to boil and cool water before feeding infants.

Once made up, infant formula should be stored in the refrigerator until used and discarded after 24 hours.

Parents may prepare bottles in advance, but are required to ensure that they are being transported in a safe manner.

It is recommended that parents provide extra breast milk/formula for new infants commencing care to ensure there is no shortage throughout the day.

Heating

It is recommended that breast milk or formula is heated by standing them in warm/hot water. The temperature will be tested on the educator's wrist before being given to the child. ***Microwaves can only be used for the heating of formula and cow's milk, as there is evidence that heating breast milk in a microwave can destroy breast milk's immunological properties.***

The following steps must be taken if using a microwave to reduce the risk of uneven heating and the formula/milk continuing to become hotter:

- Take the teat/bottle top off and leave it outside the microwave;
- Adequately rotate and shake the bottle directly after microwaving;
- After the teat/bottle top has been replaced, invert the bottle at least 10 times and let the bottle sit for 1-2 minutes before testing the temperature;
- Check the temperature of the formula/milk on the inside of the wrist before giving to the child.

Bottles should be heated only once. Left-over milk from a feed will be discarded immediately and the bottle rinsed. It is the parent's responsibility to ensure the sterilisation of bottles and teats. Bottles will not be given if the milk shows signs of deterioration or if they contain additives that are not recommended for children (e.g. medication, sugar)

Cow's milk should not be given to infants as a main drink until they are at least 12 months of age. Small amounts of cow's milk can be used in mixed foods for infants after about 9 months. Reduced fat milks are not recommended for children under two years of age. Although reduced fat and low fat varieties contain the same amount of calcium, they are not recommended for children under 2 years of age. Soymilk provided to children should be calcium fortified.

Educators are encouraged to have face-to-face interaction when bottle feeding babies. Under no circumstances should an educator prop a bottle for an infant. If a child can bottle-feed themselves, this must be strictly supervised and the bottle removed immediately after the child stops drinking.



It is recommended that children **not** be given bottles to go to bed with as this speeds up the tooth decay process. This also applies to regular sucking (except for meal times) on bottles throughout the day that contain milk. Should an infant require something to drink, unsweetened water is recommended.

Drinks

Water is the preferred drink for children, and will be available to children at all times. It is recommended that fruit drinks be served no more than once a day and only in small quantities. Due to tooth decay, cordials and other sugary drinks are not recommended and should not be offered to children in care. This is part of service policy and will be discussed with families on enrolment.

Children should be encouraged to drink from a cup to develop skills and muscle development.

Relevant Legislation

Education and Care Services National Law Act 2010
Education and Care Services National Regulations 2011
51(1)(a) Conditions on service approval (safety, health and wellbeing of children)
77 Health, hygiene and safe food practices
78 Food and Beverages
79 Service providing food and beverages
80 Weekly menu
168 Education and care service must have policies and procedures
Food Standards Australia and New Zealand (ANZFA)
www.foodstandards.gov.au

Key Resources

Qld Government Community Child Health Service : *Bottle Feeding / Breastfeeding / Breastfeeding When You are Working or Away From Your Baby*
www.health.qld.gov.au/ph/documents/childhealth/28107.pdf
www.health.qld.gov.au/ph/documents/childhealth/28104.pdf
www.health.qld.gov.au/ph/documents/childhealth/28097.pdf
VIC Government: *Child Nutrition – Juices and Sweet Drinks*
www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Child/nutrition/juices/and/sweet/drinks?open
National Health and Medical Research Council: *Dietary Guidelines for Australians*
www.nhmrc.gov.au/guidelines/publications/n29-n30-n31-n32-n33-n34
Good Food in Family Day Care- Food and Nutrition Information Kit (National Family Day Care Council of Australia Limited) Nutrition Australia
www.nutritionaustralia.org
www.nutritionaustralia.org/national/resource/drinks-children
Raising Children Network: *Introducing Drinks*
<http://raisingchildren.net.au/>
Child and Youth Health: *Milk for Toddlers*
www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&np=302&id=1788
Australian Government Department of Health and Ageing: *Get Up & Grow: Healthy Eating and Physical Activity for Early Childhood – Staff and Carer Book*
www.health.gov.au/internet/publications/publishing.nsf/Content/gugcarer-toc