

Ocean Shores Preschool Inc.

Shara Boulevard, North Ocean Shores

PO Box 80, Ocean Shores NSW 2483

Ph: 02 6680 1438

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Bottle Safety & Preparation Policy

Children are more susceptible to food borne illnesses making it necessary for education and care services to implement adequate health and hygiene practices. Safe practices for handling, storing, preparing and heating breast milk, formula and dummies must be employed to minimise risks to children being educated and cared for by the Service.

National Quality Standard (NQS)

| Quality Area 2: Children's Health and Safety | | |
|--|--|---|
| 2.1 | Health | Each child's health and physical activity is supported and promoted |
| 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 Lifestyles | Healthy eating and physical activity are promoted and appropriate for each child |
| 2.2 | Safety | Each child is protected |
| 2.2.1 | Supervision | At all times, reasonable precautions and adequate supervision ensure children are protected from harm and hazard |

Education and Care Services National Regulations

| Children (Education and Care Services) National Law NSW | |
|---|---|
| 77 | Health, hygiene and safe food practices |
| 78 | Food and beverages |
| 168 | Education and care services must have policies and procedures |

Related Policies

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|----------------------------------|
| Nutrition and Food Safety Policy |
| Work Health and Safety |
| Health and Safety |

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PURPOSE

To ensure Ocean Shores Preschool maintains a hygienic environment for children requiring a bottle or dummy. Educators will certify that bottles and dummies are prepared safely and hygienically and that practices meet Work Health and Safety Standards, and current Food Safety Standards.

SCOPE

This policy applies to children, families, staff, management and visitors of Ocean Shores Preschool.

IMPLEMENTATION

To ensure that bottles are consistently prepared in a safe and hygienic manner Educators will adhere to Ocean Shores Preschool procedures at all times.

Management will ensure:

- That the Nominated Supervisor and Educators are aware of the procedures for preparing, heating and storing bottles of formula and breast milk and dummies.
- That children have access to safe drinking water at all times and are regularly offered food and beverages appropriate to their individual needs
- Procedures for the safe storage and heating of food provided in bottles is developed.
- Children are not given fruit juice in their bottle due to the increase risk of tooth decay

A Nominated Supervisor/ Responsible Person will:

- Ensure that Educators implement the procedures for preparing, heating and storing bottles of formula and breast milk.
- Adhere to the procedure for the safe storage and heating of food provided in bottles and dummies.

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- Ensure Infants and children are not given fruit juice in their bottle due to the increase risk of tooth decay

Educators will:

- Implement safe food handling practices.
- Seek to provide a supportive environment for breastfeeding.
- Store all bottles in an appropriate area for food preparation and storage that complies with the food safety standards for kitchens and food preparation areas.
- Adhere to the procedure for the safe storage and heating of food provided in bottles.
- Not give Infants and children fruit juice in their bottle due to risk of tooth decay

Families will:

- Be informed during orientation that children's bottles must be clearly labelled with the child's name.
- Label bottles containing breast milk or formula 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 keep formula powder at the service so that the formula can be prepared as required. Tins of formula must be clearly labelled with the child's name.
- Be asked to provide a labelled bottle(s) for use at the service for children having regular cow's milk in their bottles,
- Be encouraged to communicate regularly with educators about children's bottle and feeding requirements.
- Not put fruit juice in children's bottles

Storing bottles

Formula or 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.

It is best to make up fresh formula for each feed and give it to the child as soon as it has cooled. If this is not possible, the freshly made formula should be cooled immediately and stored in the back of the refrigerator (where it is coldest) for no more than 24 hours. Throw away any formula that is left over. Do not freeze or reheat leftover made-up formula.

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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. Storing bottles in the back of the fridge where it is coldest. Do not store bottles inside the refrigerator door
3. 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:

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

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.
- NSW Food Authority – www.foodauthority.nsw.gov.au • Food Standards Australia – www.foodstandards.gov.au • National Health and Medical Research Council – www.nhmrc.gov.au • NSW Department of Health – www.health.nsw.gov.au • Australian Breastfeeding Association www.breastfeeding.asn.au • Mothers Direct - 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
- Caring for Children
<http://www.health.nsw.gov.au/heal/Publications/caring-for-children-manual.pdf>

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**Review**

| Policy Reviewed | Modifications | Next Review Date |
|------------------------|---|-------------------------|
| February 2017 | Minor terminology changes made. | February 2018 |
| October 2017 | Updated the references to comply with the revised National Quality Standards | February 2018 |
| February 2018 | Added the 'related policies' list Included statements regarding handling & storage to further support compliance | February 2019 |