

## **BOTTLE PREPARATION GUIDELINES FOR PARENTS**

*These guidelines have been developed by Health Consultants for Child Care, and provided as a service to parents. Because you will be transporting bottles to the program from home, there are some extra steps you should take to ensure your child's food is safe. Formula and breast milk are potentially hazardous foods. There are various bacteria which can grow on food products and can make food unsafe. The major factors supporting bacterial growth are (a) types of foods (b) temperature and © time. Therefore, by following these guidelines our goal is to eliminate the rapid and progressive growth of infectious or toxigenic bacteria. Thank you for your cooperation.*

### **Formula Prepared at Home**

1. Always wash hands thoroughly before preparing bottles and/or food.
2. Bottles nipples, utensils, breast pumps, etc. should be washed in hot soapy water with the aid of a bottle brush that fits into the nipple. Squirt water through the nipple to clean holes. Rinse well with hot water and allow to dry. Bottles and caps may be washed in a dish washer. Cap bottles when dry so they do not remain exposed to dust and germs in the air.
3. Clean top of commercial food containers before opening.
4. Prepare formula according to package directions.
5. /fill bottles with the amount of formula or milk baby drinks at one feeding and cap the bottle.
6. Date and label bottle with baby's first and last name.
7. Refrigerate immediately.
8. /transport bottles/food in a cooler or insulated container. The optimum temperature for most pathogenic bacterial growth is body temperature, 98.6 degrees F. The temperature danger zone for bacterial growth is between 40 degrees and 150 degrees F. Placing a food/refrigerator thermometer in the container will help to monitor the temperature in the container.
9. Refrigerate bottles/food immediately upon arrival at the program.
10. Take home empty bottles at the end of the day. Bottles will have been rinsed out **MUST** be washed at HOME as described in #2 above.
11. Formula in unused prepared bottles are sent home at the end of the day or discarded after 24 hours of refrigeration.

### **General Guidelines**

- Commercially prepared food and formula brought from home should be unopened, labeled with the child's first and last name and dated.
- Parents will need to provide a back-up supply of powdered concentrate to cover unforeseen circumstances. Label with child's first and last name.
- All unconsumed formula will be discarded at the end of each feeding or after 30-45 minutes at room temperature.
- A bottle is never refrigerated or reheated after the baby has nursed from, because the milk will have been contaminated with saliva and bacteria, which will grow to spoil the milk.
- Bottles are used only for feeding formula, breast milk, milk, or water. Parents and staff may not add medication or solid foods of any kind to bottles that are to be fed to infants while at the program.
- Staff is not allowed to serve juice from bottles at the program. This is a preventative measure against baby bottle tooth decay.
- Bottle propping and carrying of bottles by young children throughout the day and/or night is not permitted while at the program.

### **Parents Bringing Breast Milk to the Program**

- Wash hands, breast, breast pump. Express milk
- Use a clean bottle as stated in #2 on the previous page. Ready to feed plastic bottles are recommended over milk storage bags due to the flimsiness of the bags, which makes it easier to spill milk and contaminate it when transferring the milk to a bottle.
- Freeze breast milk in the bottle until ready to use. If fresh expressed milk is brought to the program it will be the first bottle used that day. Cap and label bottle with date. Time removed from freezer and child's first and last name.
- Transport bottles in a cooler or insulated bag as suggested in #8 on previous page.
- Refrigerate bottles immediately upon arrival at the program. Place breast milk in the back of the refrigerator where it is the coldest, not in the refrigerator door.
- Take bottles home at the end of the day. Any unconsumed breast milk will need to be discarded at home. Bottles will also need to be washed at home.

### **General Guidelines**

- **Fresh breast milk must be used within 48 hours.**
- Unused thawed breast milk will be discarded after 24 hours of refrigeration.
- Microwaves will not be used to warm up breast milk. Each child will have their own approved warming device which will be used solely for that child.
- Storage of breast milk: Freeze in refrigerator freezer maintained at 0 degrees F for a maximum of three months, or two weeks in a freezer compartment located inside a refrigerator.
- Precautions appropriate to the handling of a bodily fluid will be followed. This includes good hand washing. Child care workers may use a single service disposable gloves whenever bottles of expressed breast milk are handled. Caregivers who have open cuts or sores on their hands will practice universal/standard precautions.
- All infants receiving breast milk or other food sources containing breast milk have direct one on one supervision to avoid accidental ingestion by other children.

**Universal /Standard Precautions:**

A mother's breast milk is the ideal food for her infant. Research has shown that babies receiving breast milk have fewer illnesses, an important fact when a child is in group care. The American Academy of Pediatrics recommends breast milk for the first year of life. However, breast milk is a body fluid and has the potential to transmit HIV, Hepatitis B Virus and Cytomegalovirus. There have been cases reported in which children enrolled in programs where breast milk bottles are present have accidentally been fed the wrong bottle. To protect child care staff and other children from potentially infectious body fluids, the procedures related to handling breast milk are recommended for all children who are being fed expressed breast milk. These procedures are recommended to reduce the risk of spread of disease even though that risk may be relatively low. There have been no documented cases of transmission of HIV or HBV to child care workers feeding expressed breast milk to infants at this time. However, the health and safety of the children and the staff at this program is our utmost concern.