



Bottles, Cups and Dummies Policy

This policy will be reviewed on an annual basis

Aim

Pippins Pre-School and Nursery aims to work with parents/carers to ensure that the children in our care receive the best outcomes. This policy is designed to support parents on the best way to use bottles, cups and dummies with their children. It focuses on the importance of good practice in supporting children to move on to open cups and give up dummies at the right time to ensure that children's speech and language development is not delayed. We aim to give information to our parents/carers so they are aware of the affects/implications that can occur when using bottles, cups and dummies. There are many links between ear infections, speech development difficulties and dental decay when bottles and dummies are used for longer than the guidelines, the spout on the cup is not right for the child or other fluids other than milk or water are put in bottles. Pippins Pre-School and Nursery aims to work with parents/carer to give information, advice and support on bottles, cup and dummies to help develop children communication skills to help them achieve all areas of the Early Years Foundation Stage and build their self-esteem and confidence.

Best Practice

Bottles

- Babies who are bottle fed will be held and have warm physical contact with their key person or early years educator while being fed. The child's key person will feed them whenever possible.
- Babies will never be left propped up with bottles, as this is both dangerous and does not meet their emotional needs.
- Bottles will only be given to babies that contain milk or water.
- We will recommended that babies and young children do not 'feed to sleep' and will pass this information onto parents /carers.
- We will recommend that from 12 months, bottle use is reduced with the aim of making a complete withdrawal as soon as possible after this.

Step-by-step guide to preparing a formula feed

- **Step 1:** Empty the kettle. Re-fill the kettle with at least 1 litre of fresh tap water (do not use water that has been boiled before do not use bottle water).
- **Step 2:** Boil the water. Then leave the water to cool for no more than 30 minutes, so that it remains at a temperature of at least 70C.
- **Step 3:** Clean and disinfect the surface you are going to use.
- **Step 4:** It's important that you [wash your hands](#).
- **Step 5:** If you are using a cold-water steriliser, shake off any excess solution from the bottle and the teat, or rinse them with cooled boiled water from the kettle (not tap water).
- **Step 6:** Stand the bottle on the cleaned, disinfected surface.

- **Step 7:** Follow the manufacturer's instructions and pour the amount of water you need into the bottle. Double check that the water level is correct. Always put the water in the bottle first, while it is still hot, before adding the powdered formula.
- **Step 8:**

Loosely fill the scoop with formula powder, according to the manufacturer's instructions, then level it using either the flat edge of a clean, dry knife or the leveller provided. Different tins of formula come with different scoops. Make sure you only use the scoop that comes with the formula.

- **Step 9:** Holding the edge of the teat, put it into the retaining ring, check it is secure, then screw the ring onto the bottle.
- **Step 10:** Cover the teat with the cap and shake the bottle until the powder is dissolved.
- **Step 11:** It's important to cool the formula so it's not too hot to drink. Do this by holding the bottle (with the lid on) under cold running water.
- **Step 12:** Test the temperature of the formula on the inside of your wrist before giving it to your baby. It should be body temperature, which means it should feel warm or cool, but not hot.
- **Step 13:** If there is any made-up formula left in the bottle after a feed, throw it away.

Dos and don'ts of making up formula feeds

- Do follow the manufacturers' instructions very carefully, as they vary as to how much water and powder to use.
- Do not add extra formula powder when making up a feed. This can make your baby [constipated](#) or dehydrated. Too little powder may not give your baby enough nourishment.
- Do not add sugar or cereals to your baby's formula.
- Never warm up formula in a microwave, as it may heat the feed unevenly and burn your baby's mouth.

Reducing the risk of infection

Even when tins and packets of powdered infant formula are sealed, they can sometimes contain bacteria.

Bacteria multiply very fast at room temperature. Even when a feed is kept in a fridge, bacteria can still survive and multiply, although more slowly.

To reduce the risk of infection, it's best to make up feeds 1 at a time, as your baby needs them.

Use freshly boiled drinking water from the tap to make up a feed. This is kept in a lidded jug in the fridge. Do not use artificially softened water or water that has been boiled before and left in the kettle - always empty the kettle before refilling it with fresh tap water.

Leave the water to cool in the kettle for no more than 30 minutes. Then it will stay at a temperature of at least 70C. Water at this temperature will kill any harmful bacteria.

Remember to let the feed cool before you give it to your baby. Or you can hold the bottle (with the lid on) under cold water from the tap.

Do not use bottled water to make up formula feeds

Bottled water is not recommended for making up feeds, as it's not sterile and may contain too much salt (sodium) or sulphate.

Cups

- Babies will be given the opportunity to drink from a cup from weaning at 6 months or when they can sit up unsupported and hold something on their own.
- Babies can be weaned immediately to an open cup with small amounts of liquid to reduce the risk of spills as well as plenty of help and support from the adults around them.
- Pippins Pre-School and Nursery will offer open cups or sip cups. Our sip cups do not have a valve therefore the child does not have to suck hard to access the drink.
- Babies will be given plenty of opportunity to play with empty cups so that they can explore and get use to holding them.
- Early Years Educators will support and praise children as they develop onto open cups and wipe up any spillages positively when they occur.

Dummies

- Pippins Pre-School and Nursery recommends that from six months dummy use is reduced with the aim of moving on completely from 12 months
- If using a dummy we as professionals will recommend that parent's choose an orthodontic dummy as the shape of the teat causes less damage to teeth.
- A dummy will only be used within the setting for sleep times or to soothe when upset.
- Early Years Educators will build relationships with their key children and will learn to tune into their babies cries to understand their needs.
- Early Years Educators will try others ways of soothing your child e.g. books, singing and will use your child's dummy if the child continues to be upset.
- For babies up to 6 months, dummies will be clean and sterilised. After 6 months they will be thoroughly cleaned.
- All dummies are to be stored in labelled, clean, individual containers.
- All Early Years Educator will be trained to use the 'Look, Listen and Think' rule.

LOOK at the baby- can you see something that is making the child sad. Can you fix it?

LISTEN to their cries - you might be able to tell what they want by their different cries.

THINK about what else could help - try soothing them with a song, cuddle, favourite toy etc.

Working in Partnership

Pippins Pre-School and Nursery will work in partnership with parents and will offer ideas and strategies to move the child on to the next stage of their development in accordance with the 'Bottles, Cups and dummies' document.

Links with Other Policies.

This policy takes into account our health and safety policy, ensuring that we keep children safe and healthy. Our SEN policy and Learning and Development policy to ensure that children are able to achieve the best outcomes

This policy was adopted at a meeting of Pippins Pre-school and Nursery

Held on Wednesday 20th October 2021

Signed on behalf of the Management Trustee Directors

A handwritten signature in black ink, appearing to read 'C. W. G. O.', written over a horizontal line.

Role of signatory (e.g. Chairperson)

21/10/21

Chairperson