

Sterilising, Dummies and Bottle Policy

It is understood that children who attend nursery may still use a dummy or bottle as part of their daily routine. Nursery practitioners are aware that dummy and bottle use may affect children's speech and language development. We aim to prevent dummy and bottle use in our nursery and encourage comforters as a form of distraction and comfort as research indicates that:-

Children who suck dummies through the day make fewer sounds, gain less experience of using their voices, and hear less language from adults around them causing delays in their speech.

If toddlers are allowed to continue to suck a dummy and talk with it in their mouths, there is also a risk that the child will learn distorted patterns of speech because the teat prevents normal movements at the front of their mouth. These patterns may be difficult to change later on and result in speech and language delays.

Although a dummy or bottle can be a source of comfort when a child is upset, and may form part of a child's sleep routine, parents/carers should be encouraged to use it only at these times, and to phase out dummies and bottles as soon as possible.

If your child requires a bottle or dummy whilst at nursery you must provide this and it should be clearly labelled and in their own individual dummy pot. Please check the manufacturers guidelines as to how often the dummy and bottle teats need to be replaced - this is usually every 2-3 months.

Babies' bottles and drinks

Bottles **MUST** be labelled and stored in the cupboard.

The milk fridge is to be cleaned out at least every week.

Children under 6 months must have cooled boiled water to drink.

Children over 6 months can have tap water.

Preparing a bottle

1. Wash your hands and sterilise all utensils according to manufacturers' instructions.
2. Boil the kettle in the morning and fill a clean sterlised jug with a lid with boiled water and leave to cool.
3. When making the bottle, boil some fresh water and dissolve the formula in 2oz of boiling water at each feed. Then top this up with the required amount of cooled boiled water.
4. When scooping the powder into the bottle, level off the powder with a clean knife or the built in leveller if provided. Do not press/heap the powder.
5. Add the correct measure of powder to the water (please refer to the pack instructions). Adding too many or too few scoops can be harmful. Place the sterilised teat and cap on the bottle and shake immediately, vertically and vigorously for at least 10 seconds, until the powder is dissolved.
6. Please check each individual container to advise of how long the feed can be kept for, it is usually advised to discard as soon as finished or to be kept for no longer than 1 hour.

Bottles **MUST** only be warmed up using a bottle warmer, never a microwave, as this can cause hot spots in the milk. Once the bottle is heated the temperature of the milk inside must be tested on the adult's wrist, if it's too hot for you it will burn the child.

Sterilising

All feeding utensils must be sterilised for all children under one year. All bottles, dummies and water beakers must be sterlised before each use. We use the Milton cold water sterilising system at Nursery. Staff must consult with parents when the child turns one to ensure they are happy for the nursery to stop sterilising. A child may have a health condition/ or other reason why sterilising must continue.

Reviewed by Amelia Pullen & Clare Hayes

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