



Play, Learn and Grow Together – Our Passion is Their Future

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Breastfeeding and Infant Milk **Policy and Procedure**

Policy Statement

At St Helen's Pre-School, we recognise the importance of infant feeding in supporting children's health, development, and wellbeing. We promote breastfeeding as the healthiest way to feed a baby, while fully respecting and supporting all parents' choices around feeding. Our setting is inclusive and welcoming to breastfeeding parents, and we are committed to ensuring that all feeding methods are supported in a safe, hygienic, and nurturing environment.

This policy reflects our commitment to supporting families' infant feeding journeys through inclusive, respectful, and evidence-based practice. We understand the health, emotional, and developmental benefits of breastfeeding, and recognise the need to offer clear, safe, and supportive guidance for formula feeding. All staff members are expected to uphold the values of empathy, non-judgement, and professionalism in all discussions and practice related to infant feeding.

From September 2025, as we begin caring for children under the age of 2, this policy will ensure a consistent and respectful approach to breastfeeding and formula feeding.

Aims

At St Helen's Pre-School, our aim is to provide a supportive environment for all feeding methods, including breastfeeding, formula feeding, and mixed feeding. We promote the health benefits of breastfeeding as part of a child's daily routine and are committed to helping parents continue breastfeeding or providing expressed milk while their child is in our care. Staff are trained and confident in supporting all feeding choices, ensuring that breast and formula milk are stored, handled, and prepared safely. This policy is shared with all relevant families and is reviewed regularly to reflect best practice and updated guidance.

Procedures

Breastfeeding

- Mothers are welcome to breastfeed their child anywhere in the setting.
- A private space will be available upon request for mothers who prefer privacy.
- Breastfeeding is supported for as long as a mother chooses, including up to age three.
- Staff will provide reassurance, encouragement and signposting if requested.

We work in line with the UNICEF Baby Friendly Initiative and NHS Start4Life recommendations. Staff will never suggest that a mother stops breastfeeding unless advised by a medical professional. We aim to normalise breastfeeding within our setting and community through practice, language, and displays that reflect positive images of breastfeeding.

Expressed Breast Milk (EBM)

- Breast milk should be brought in sterilised bottles, milk storage bags, or containers.
- Bottles must be clearly labelled with:
 - Mother’s name
 - Child’s name
 - Date and time expressed
 - If previously frozen, the date defrosted
- EBM will be stored in a designated area of the fridge, used in date order, and never stored in the fridge door.
- Staff will gently warm milk under warm running water or in a bowl of warm water.
- Breast milk must not be microwaved or reheated.
- Any unused milk must be discarded after 1 hour from the beginning of the feed.

Staff will always wear gloves and use sterilised equipment when handling expressed milk. We understand that breast milk can vary in colour and consistency, and staff are trained to recognise that this is normal. Expressed milk may separate when stored — this is not a cause for concern.

Formula Feeding

- Formula milk must be brought in new, unopened, and within expiry date.
- Powdered formula will be prepared fresh for each feed.
- Ready to Feed liquid baby formula, unopened and labelled with child’s name, stored in a cool, dry place. Once opened, sealed and stored at the back of the fridge and used within 24 hours.
- Formula must not be microwaved or reheated.
- Any milk remaining after a feed will be discarded within 2 hours of preparation.
- Bottles provided must be clearly labelled with the child’s name.

Parents are encouraged to speak with their child’s Key Person if they require support with choosing or preparing formula feeds. Staff will always follow manufacturer guidance when preparing powdered milk and will never heat formula milk using a microwave. Formula milk may be prepared by staff using sterilised bottles only, and all unused formula must be discarded after use.

Policy Review

This policy is reviewed annually to ensure it remains relevant and effective.

This policy has been adopted by St Helen’s Pre-School

Signed on behalf of the setting by:

..... Chairperson

..... Manager

Date: September 2025

This policy runs in conjunction with the following policies:

- Key Person
- Partnership with Parents

Relevant Guidance and Legislation

- EYFS Statutory Framework 2025 https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2?mc_cid=aa2619c892&mc_eid=149baa8f29
- EYFS Nutrition 2025 <https://www.gov.uk/government/publications/early-years-foundation-stage-nutrition>
- Unicef UK <https://www.unicef.org.uk/babyfriendly/>
- NHS Start4Life <https://www.nhs.uk/start-for-life/baby/feeding-your-baby/>

Appendices – Please note appendices are held at the Pre-School, please ask to view

- a. Expressed Breast Milk Procedure
- b. Formula Feeding Procedure

St Helen's Pre-School is committed to safeguarding and promoting the welfare of children and young people and expects all staff, students and volunteers to share this commitment.