

# Preparing to Join nursery Bottle feeding and weaning Policy

Policy re written July 2018

## Bottle Feeding

If you are planning to return to work and therefore place your baby with us at TOSH, then for your child's wellbeing, it is really important that if you breast feed, that you also prepare for their arranged start date at nursery, by introducing bottles alongside breast feeding.

Once, you have established a good routine breast feeding and if you are planning to register your child here, it is usually a good idea to also introduce bottle feeding as an alternative to breast, by asking your partner or other friend of family to offer the bottles, while you are out of the room. You can offer your baby expressed breast milk or an appropriate formula - the most important aspect of introducing bottles is to ensure baby will take a bottle and that we are therefore able to meet their needs when they are hungry.

We are happy to store breast milk at the setting, to be fed to your child. Breast milk will be stored at the setting in the fridge or in the freezer, clearly labelled, ready for your child.

Alternatively, it is possible to establish a routine of both breast and formula milk. We suggest you speak with your health visitor to ask for guidance about choice of formula.

You will be unable to leave the nursery building until we are confident that we are able to meet babies basic needs, i.e. provide food and comfort to them. We will work together towards this aim during your settling in time which you will spend at nursery.

### Weaning

It is recommended that babies should start eating solids at around the age of 6 months. The Old School House Nursery will work collaboratively with parents to assist them as they wean their children by following family directives.

Parents / carers who wish their children to attend The Old School House, should note and understand that the setting will not offer baby led weaning at the setting as in our opinion there is a greater risk of choking. We will however, provide opportunities for your children to explore a variety of foods, which will be prepared for their stage of development.

Parents should provide us with detailed instructions about their preferred weaning plan, i.e. whether you wish us to provide first foods individually, for example introducing new foods individually, prior to providing them as part of a menu.

Dietary requirements will be taken fully into account and all children and families will be provided with a copy of the rolling menu.

Your child's key team will discuss the above with you when you come into nursery and complete a baby profile.