

BREAST MILK PREPARATION PROCEDURE

Breastfeeding is important for infants' nutrition. Australian and international health authorities recommend exclusive breastfeeding until around 6 months. Our Service respects and supports mothers' wishes to continue to breastfeed, as we understand that returning to work is a common reason for discontinuing breastfeeding. We provide a welcoming environment for mothers to continue to breastfeed or express breastmilk.

Working in conjunction with the Breastfeeding Policy and Bottle Safety Preparation Policy, this procedure provides detailed steps for educators to follow when preparing breast milk bottles for children at the Service.

Education and Care Services National Law or Regulations (R.77 and 78) NQS QA 2: Element 2.1.3 Health practices and procedures

Related Policies: Breast Feeding Policy and Bottle Safety Preparation Policy

BREAST MILK PREPARATION		
1	Breast milk that has been expressed should be brought to the Service in a clean sterile container labelled with the date of expression and the child's name	
2	We encourage families to transport milk to the Service in cooler bags; this should be immediately given to the educator, who will put it in the refrigerator	
3	Milk will be kept refrigerated below 4°C until required	
4	Educators will thoroughly wash hands and wear gloves when preparing bottles	
5	Educators are to ensure all bottle preparation will be done in a designated bottle and food preparation area (located in the kitchen area)	
6	Educators are to ensure the bottle and food preparation area is always be clean and hygienic and will only ever be used for the purpose intended	
7	All food and bottles will be kept totally separate from the nappy change and toileting areas	
8	Educators will warm and/or thaw breast milk by standing the container/bottle in a container of warm water	
9	Educators will shake the bottle before feeding the infant and check the temperature of the milk on the inside of their wrist to ensure it is not too hot	
10	If there is not enough breast milk from the family to meet the child's needs that day, individual families will be consulted on what the educator should do in these circumstances	

11	To avoid any possible confusion, educators will not store unused milk at the Service	
12	Unused milk will be returned to the family at the end of the day when they come to collect their child	
13	A quiet, private space with a comfortable chair will be provided for mothers/women to breastfeed or express milk at the Service	
14	The service will adhere to breastmilk storage guidelines as advised by the National Health and Medical Research Council guidelines as indicated below.	

BREAST MILK STATUS	STORAGE AT ROOM TEMPERATURE (26°C OR LOWER)	STORAGE IN REFRIGERATOR (5°C OR LOWER)	STORAGE IN FREEZER
Freshly expressed into sterile container	6–8 hours If refrigeration is available store milk there	No more than 72 hours Store at back, where it is coldest	2 weeks in freezer compartment inside refrigerator (–15°C) 3 months in freezer section of refrigerator with separate door (–18°C) 6–12 months in deep freeze (–20°C) *
Previously frozen (thawed)	4 hours or less– that is, the next feeding	24 hours	Do not refreeze
Thawed outside refrigerator in warm water	For completion of feeding	4 hours or until next feeding	Do not refreeze
Infant has begun feeding	Only for completion of feeding	Discard	Discard

Source: <https://www.nhmrc.gov.au/about-us/publications/infant-feeding-guidelines-information-health-workers>