

Infant Feeding

Breastfeeding/Formula Milk

Moorwell Miracles will support breastfeeding mothers by:

- ensuring breastfeeding mothers are made welcome and are able to breastfeed their baby in the nursery;
- encouraging parents to bring expressed breast milk into the nursery; this should be transported in a cool bag, clearly labelled with the name of the infant, date and time. Breast milk should be stored in accordance with the latest guidelines. Two members of staff should check that the expressed breast milk is given to the relevant child.
- Formula milk should be prepared, transported and stored in accordance with the latest guidelines.

Weaning

The introduction of solid foods will be carried out by the nursery in accordance to the parent/carer's wishes; this will include "baby led weaning." Please refer to the separate weaning procedure.

- The Department of Health currently recommends babies should be weaned around 6 months and that solid food should never be introduced before 4 months (17 weeks) of age.
- The Department of Health currently recommends that infants under 6 months of age will not be given foods containing gluten, eggs, fish, shellfish, liver, nuts and seeds, soft or unpasteurised cheese, low fat foods, honey, sugar and salt.
- Children over the age of 6 months can introduce the following into their diets (unless otherwise stated by parents) cows' milk (in cooking or mixed with food), eggs, gluten containing food, nuts and peanuts (crushed or ground), seeds (crushed or ground), soya, shellfish (thoroughly cooked) and fish. These should be introduced one at a time so that you can spot any potential reaction.
- Each infant should be assessed individually, dependant on their age and readiness for solids. Infants who are weaned around 6 months of age should move onto lumpier textures and soft finger foods more quickly than those started earlier to ensure continued development of normal feeding behaviour. Food should be given alongside their usual breast milk or first infant formula as this is where the child will get most of their nutrients from.
- Guidance says to avoid over-feeding children by encouraging them to



feed themselves. In situations where this is not possible staff must look for signals that the child is full e.g. when they turn their head away from their spoon.

- Once infants are competent in taking solids a variety of foods from the 4 main food groups should be included in the weaning diet to ensure their nutritional requirements are being met.
- Foods containing honey and high levels of salt will not be given to children under 12 months of age.
- Pre-term babies need special consideration and advice should be sought by parents/ carers from the health visitor/medical team/dietician who are caring for them.