



## Heating Bottles

Stepping Stones Child Care Centre provides cows' milk, rice milk, lactose free milk and soy milk for children. If children drink formula, families are required to provide formula already made up into bottles and give to staff to place in the Nursery/Tiny Toddlers kitchen fridge on arrival to the Centre. All children's bottles are to be checked and recorded by centre staff in accordance with the Centre's Children's Bottle Receiving Register. Mothers are welcome and invited to breastfeed their child at the Centre, in our private breastfeeding room or alternately provide expressed breast milk for their child.

### **Procedure:**

All children's bottles containing formula, cows' milk, rice milk, soy milk, lactose free milk or breast milk are not to be heated in Microwave Ovens. Microwave Ovens are unsafe for heating bottles as they do not heat the milk evenly and may cause hot spots in the bottle. All bottles must be heated using the provided AVENT Bottle Warmers.

### **How to heat bottles using the AVENT Bottle Warmers:**

- Ensure the blue basket is placed inside the bottle warmer, for smaller bottles. Blue basket is not required for larger bottles.
- Place the bottle in the bottle warmer.
- Fill the warmer with water to just above the level of milk in the warmer or just below the rim of the warmer for larger bottles.
- Turn the dial setting to three (3).
- The light will illuminate to indicate the warmer is working.
- During the warming process, the light will come on and off to indicate that the water surrounding the bottle is being heated to the maximum temperature of the setting.
- Test the bottle, for the desired temperature.
- Set the bottle warming timer located on the Nursery / Tiny Toddlers kitchen door.
- Shake the bottle gently and check the temperature of the milk by shaking a few drops onto your wrist before giving to the baby.
- Turn the bottle warming unit off.

Approximate Heating Times (please use as a guide only)

125mls – 4 minutes

260mls – 5 minutes

330mls – 6 minutes

**Bottles are to only be heated once, and any contents not consumed must be disposed of.  
All bottles must be clearly labelled with the child's name.**

### **Source:**

- Avent ([www.avent.com](http://www.avent.com))
- National Childcare Accreditation Council ([www.ncac.gov.au](http://www.ncac.gov.au))
- [www.foodauthority.nsw.gov.au](http://www.foodauthority.nsw.gov.au)

### **This procedure links to the following CCQA Principles:**

Quality Practices Guide (2005) - Principle 6.2

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Reviewed in consultation with staff and parent committee members, current at April 2009.

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