At the Nuriootpa Community Children’s Centre we support breast milk provisions and breast feeding mothers.

**Storing, thawing and warming of breastmilk and infant formula:**

**Storing Breastmilk**
- Expressed breastmilk (into a clean sterile container) will be date labelled, by families, (date of expression) and refrigerated at 4°C or lower at the back of the fridge where it is coldest. Breastmilk that is not used within two days will be frozen.
- **Tips for parents:** Breastmilk should be transported to child care in an esky with a freezer brick, and placed immediately in the back of the refrigerator upon arrival.

**Frozen breastmilk**
- Frozen breastmilk will be kept for 2 weeks in the freezer compartment of a one door refrigerator, or 3 months in a freezer section of a fridge with separate door.
- If some milk has thawed it will be used within 24 hours.
- **Tips for Parents:** Breastmilk should be transported to child care in an esky with a freezer brick, and placed immediately in the back of the refrigerator upon arrival (or in the freezer if still frozen and to remain so).

**Thawing frozen breastmilk**
- Breastmilk will be thawed in the fridge or at room temperature in a warm water bath.
- Breastmilk that has been thawed in the fridge but not warmed will be used within 24 hours, and will not be refrozen.
- Breastmilk that has been thawed outside the fridge in warm water will be used immediately, or stored in the fridge for up to 4 hours.

**Warming Breastmilk**
- Breastmilk will NEVER be microwaved, (as it destroys the immunological properties in the breastmilk).
- Breastmilk that has been thawed outside the fridge in warm water will be used immediately, or stored in the fridge for up to 4 hours.
- If the baby has begun feeding, any unused breastmilk will be discarded.

**Storing infant formula**
- Infant formula will be named and stored immediately in the centre at the back part of the fridge where it is coldest (not in the fridge door where it is warmer).
- Contents of partially used bottles will be discarded after 1 hour. Reusing half empty bottles is risky once they have been heated and sucked on.
• Any unused formula will be discarded after 24 hours.
• **Tips for parents:** the safest way to transport formula is to take the cooled boiled water and the measured powdered formula in separate containers and mix them when needed. When it is necessary to transport prepared formula (or expressed breastmilk) it must be icy cold when leaving home and be carried in an insulated pack to keep it cold.

**Warming infant formula:**
At the Nuriootpa Community Children’s Centre, bottles will be heated in hot (not boiling) water for 10 minutes. (Microwaving infant formula is not recommended by the NHMRC or the NCAC for safety reasons. Microwaves do not heat the milk evenly and may create hot spots in the milk which could burn the baby’s mouth).

**Guidelines for fluids for babies and children at the Centre:**
Suitable and unsuitable fluids for babies (birth – 1 year old) while in care:

**Cow’s milk** is not recommended for babies less than 12 months old because it is a poor source of iron and predisposes infants to iron deficiency. It also has high levels of protein, sodium, potassium and calcium, which have a high renal solute load.

**Allowed fluids for babies (birth to 12 months)**
- Breastmilk and infant formula
- Boiled water

**Suitable fluids for 1 year olds**
- Breastmilk
- Cow’s milk (full cream)
- Water
- Diluted juice (limit juice to half a cup per day, diluted 1:4)
- (soy and vegetarian beverages e.g. rice milk are not recommended. Only soy formula can be used in specific situations)

**Suitable fluids for 2 – 5 year olds**
- Reduced fat milk (1.0- 2.5% fat)
- Calcium fortified soy milk
- Water
- Diluted juice (limit juice to half a cup per day, diluted 1:2)

**Unsuitable fluids for children (all ages)**
- Soft drinks
- Cordials
- Sweet syrups e.g. Ribina, Delrosa
- Vegetable juices
- Tea, Coffee, herbal teas
- Full strength juice (should be limited to half a cup of juice per day diluted 1:4)
- Sweetened milk

References:
- dietary Guidelines for Children and Adolescents in Australia (National Healthy & Medical Research Council, 2003)
- Infant feeding Guidelines for Health Workers (National Health & Medical Research Council, 2003)
  (NB Both of the above references are incorporated in the one document at http://www7.health.gov.au/nhmrc/publications/files/n34.pdf)
- Child and Youth Health www.cyh.com
- Australian Breastfeeding Association www.breastfeeding.asn.au
- Feeding and nutrition of infants and Young children (World Health Organisation 2000).
- South Australian Child Care nutrition Partnership (2005) – Start Right Eat Right Guidelines.