

# Smisby Day Nursery

## Policy



Subject: Weaning

### Preamble

Allergies are an increasingly recognised problem, particularly in children.

Whilst it has been recognised for decades, it is clear that the proportion of children affected has increased dramatically in recent years. It is believed that 1 in 50 children suffer from the severest types of allergies that on occasions can kill, and that those who die from allergic reactions have not necessarily had severe reactions before to warn them clearly of the danger.

Therefore Smisby Day Nursery has a policy regarding the weaning of all children in the baby room.

### Policy wording

For the majority of infants weaning should commence around 6 months of age. We have used guidelines from the NHS and would recommend all parents visit <http://www.nhs.uk/start4life> which contains valuable information on weaning children.

While the origins of food intolerances often remain unclear, it would appear prudent to delay introduction of the foods most commonly associated with atopic reactions. The usually accepted list of allergenic foods are gluten containing cereals (wheat, barley, rye, and oats), cows' milk, egg, fish, soybean, and nuts.

The introduction of new foods in a gradual process, using a few pureed semi-solid foods followed by an increasing familiarisation with a greater range of tastes and textures right through to the beginning of self-feeding.

Good nutritional practice followed by the Nursery, incorporating all of the above, is compatible with guidelines that include:

- The initial use of vegetables or baby rice mixed with the infant's normal milk
- The gradual introduction of vegetables and fruits in puree form
- Baby cereals or normal cereals made with either boiled water or cow's milk for breakfast
- Pureed vegetables, finger foods or jarred / tinned baby foods at Tea time from 6 months
- After the introduction of fruit and vegetables we progress on to cheese, yoghurt or fromage frais, and lean meat, all in pureed form from 6 months
- Nut products would not be included in the diet by the Nursery but food containing nut traces cannot be ruled out UNLESS a child is at risk of anaphylaxis
- Salt (sodium chloride) and sugar is not added to any infant foods or the cooking medium
- Meat, including Beef and Beef products, or iron fortified weaning foods are introduced early to increase iron intake
- From 8-9 months children will move towards eating 3 meals a day
- Meat, pulses, dairy products, wheat, and rice are included as appropriate to increase zinc intake
- The change from breast milk/formula to cows' milk for drinking is delayed until after 1 year of age
- Drinks, other than breast milk, formula, cow's milk and water, are discouraged
- Cool boiled water is only used for children under 6 months of age to make up drinks
- Nursery staff use a "Tommee Tippee Perfect Prep" machine to sterilise and formulate bottles

### Infant Formula

The Department of Health in January 2013 re-issued guidance on the preparation of infant formulae. Their advice on best practice means that water SHOULD be at 70 degrees C or above to kill bacteria in formula milk powder. In order to follow this guidance we have the following procedure that we follow in the Nursery:

- 1) Parents must supply an adequate number of sterilised bottles for the whole of the child's session in Nursery
- 2) Parents must supply enough formula for each bottle in pre measured amounts supplied in an appropriate Formula dispenser showing the amount of water to add to each measure
- 3) Nursery staff will use a "Tomme Tippee Closer to Nature Perfect Prep" machine to both sterilise and add the right amount of water to each bottle. The staff will add the formula at the appropriate time, shake the bottle to ensure even mixing, and check the temperature to ensure it is at the right temperature to give to your child. Under no circumstances will we add the formula to the bottle and then heat it, as this is specifically mentioned in the "Do's and Don'ts" of the above guidance
- 4) Nursery staff will monitor the temperature of the bottle, and ensure it is at the right temperature to give it to your child
- 5) Parents cannot bring in Manufacturer supplied large containers of formula as these have a limited lifespan once opened and are at increased risk of contamination from bacteria if kept in the Nursery despite all the precautions we take, as there are so many children in the Nursery
- 6) In the event that there is a failure of the "Tomme Tippee Closer to Nature Perfect Prep" the staff will use boiled water, shake the bottle to ensure even heat distribution, and measure the temperature to ensure it is above 70 degrees and then add the formula to the bottle. Under no circumstances will we add the formula to the bottle and then heat it, as this is specifically mentioned in the "Do's and Don'ts" of the above guidance. Nursery staff will then monitor the temperature of the bottle, and once it is cooled to the right temperature give it to your child

The above procedure ensures that parents are happy that their bottles are sterilised to their own standards and also ensures that the Nursery follows the best practice guidance from the Department of Health.

Parents who do not agree to the adoption of this policy with their child, or individual items of the policy should notify us in writing at the earliest opportunity in order that we can keep their wishes on file. In order to make this process easier we have developed a form that every parent will be asked to sign.

Should parents change their minds about individual items of the policy then they must complete a new weaning agreement.

Should parents become aware of an allergy or intolerance that may result in a reaction or anaphylaxis then they must complete a Healthcare Plan before their child next attends Nursery.

## Smisby Day Nursery Weaning Agreement

Child's Surname	
Child's Forename	
Child's Date of Birth	
Parent's Name	
Parents Signature	
Dated	
<p>I hereby agree to the adoption of the Nursery weaning policy for my child named above. I have read and ticked all of the boxes below for the specific items in the policy I agree to.</p>	
<input type="checkbox"/>	The initial use of vegetables or baby rice mixed with the infant's normal milk
<input type="checkbox"/>	The gradual introduction of vegetables and fruits in puree form
<input type="checkbox"/>	<b>Baby cereals or normal cereals made with boiled water for breakfast</b>
<input type="checkbox"/>	<b>OR</b> Baby cereals or normal cereals made with cow's milk for breakfast
<input type="checkbox"/>	Pureed vegetables or jarred / tinned baby foods at Tea time from 6 months
<input type="checkbox"/>	After the introduction of fruit and vegetables progression on to cheese, yoghurt or fromage frais, and lean meat, all in pureed form from 6 months
<input type="checkbox"/>	Nut products would not be included in the diet by the Nursery but food containing nut traces cannot be ruled out UNLESS a child is at risk of anaphylaxis
<input type="checkbox"/>	Salt (sodium chloride) and sugar is not added to any infant foods or the cooking medium
<input type="checkbox"/>	Meat, including Beef and Beef products, or iron fortified weaning foods are introduced early to increase iron intake
<input type="checkbox"/>	From 8-9 months children will move towards eating 3 meals a day
<input type="checkbox"/>	Meat, pulses, dairy products, wheat, and rice are included as appropriate to increase zinc intake
<input type="checkbox"/>	The change from breast milk/formula to cows' milk for drinking is delayed until after 1 year of age
<input type="checkbox"/>	Drinks, other than breast milk, formula, cow's milk and water, are discouraged
<input type="checkbox"/>	Cool boiled water is only used for children under 6 months of age to make up drinks
<input type="checkbox"/>	Nursery staff use a "Tommee Tippee Perfect Prep" machine to sterilise and formulate bottles
<i>Any additional notes or requests must be added below</i>	
<b>Date</b>	<b>Note / Request</b>