

27: APPENDICES

Appendix 1: UNICEF Breastfeeding poster

Appendix 2: Preparing a bottle feed

Appendix 3: Sterilising baby feeding equipment

Appendix 4: Table 1 - Function and sources of key vitamins



You are welcome to breastfeed here

If you would prefer privacy, please ask a member of staff



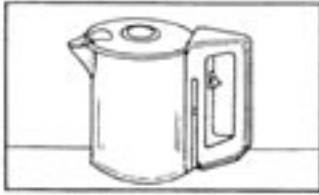
UNICEF UK BABY FRIENDLY INITIATIVE

The UNICEF UK Baby Friendly Initiative is working with your health services so that parents are enabled and supported to make informed choices about how they feed and care for their babies

Registered Charity No 1072512
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www.babyfriendly.org.uk



Preparing a bottle feed using baby milk powder



1 Boil some fresh tap water in a kettle or saucepan and let it cool. Do not use bottled or artificially softened water.



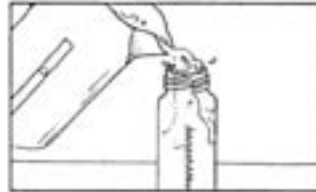
2 Read the tin or packet to find out how much water and powder you need. You can make up a whole day's supply at once if you wish. It will keep in a fridge for 24 hours.



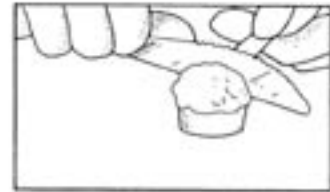
3 Wipe clean an area on which to prepare the feed. Wash your hands very well with soap and water.



4 If using a steriliser, remove the lid and turn it upside down. Remove the teat and cap and place them on the upturned lid. If you wish to rinse them, use cooled boiled water, not tap water.



5 Remove the bottle(s), rinse if wished (with cooled boiled water), stand on a clean flat surface and pour cooled boiled water into the bottle up to the required mark.



6 Measure the exact amount of powder using the scoop provided with the milk. Level the powder in the scoop using the plastic knife or the spatula supplied with the milk powder or steriliser.



7 Add the powder to the water in the bottle. All baby milks in Britain now use one scoop to 1oz (30mls) water. *Never use more than this or you will make your baby ill.* Do not add anything else to the feed.



8 Place the disc supplied on the top of the bottle, followed by the teat and cap.



9 Screw the cap on tightly and shake well until all the powder has dissolved. Store the bottle(s) in the coldest part of the fridge (not in the door) if the milk is not being used straight away.



10 The feed should be warm before it is given to your baby. If it has been in the fridge, place it in a container of warm water until it has warmed through. Never heat milk (or baby food) in a microwave oven.

11 Check the temperature of the feed by dripping a little onto the inside of your wrist before giving it to your baby.

12 After the feed, throw any unused milk away and clean the bottle. All unused milk should be thrown away after 24 hours.

Additional tips:

- The amount of milk per feed suggested on the tin or packet is only a guide. Your baby may want more or less according to appetite. If your powder does not come with a spatula, you should sterilise a plastic knife and dry it on clean tissue paper. You can then keep it in the powder with the scoop.
- Almost all baby milk powders are made from cows' milk which has been processed to make it suitable for babies. **Whey based (first) milks** are more easily digested by a young baby. **Casein based (second) milks** take longer to digest and are not recommended for young babies. Ordinary cows' milk should not be given until your baby is at least a year old.
- Do not use soya based milks without medical advice.

Breastfeeding is the healthiest way to feed your baby and it doesn't cost anything. If you use baby milk, it is very important for your baby's health that you follow all instructions carefully. It is possible, but difficult, to reverse a decision not to breastfeed or to re-start breastfeeding once you have stopped. Introducing partial bottle feeding will reduce a mother's breastmilk supply. Breastfeeding mothers don't need to eat any special foods but, just like everyone else, they are advised to eat a healthy diet. (Infant formula & follow-on formula regulations 1991)

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Sterilising baby feeding equipment

It is very important to keep any equipment used for feeding your baby either formula or breastmilk (such as bottles, teats and breast pumps) completely clean. This will help to protect your baby against infection, particularly tummy bugs (diarrhoea and vomiting).

To do this you need to sterilise your equipment after you have washed it thoroughly. You will need to continue to do this until your baby is a year old.

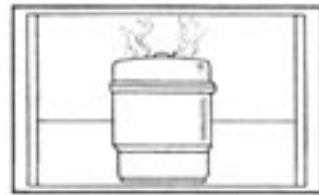
There are several ways of sterilising equipment. You could use:



a saucepan



a chemical steriliser
(not suitable for metal items)



a steam steriliser

You could also use a special microwave bottle steriliser in a microwave oven, but this is not suitable for metal items or certain types of plastic.



1 Wash all bottles and other equipment thoroughly in hot soapy water using a bottle brush. Scrub the inside and outside of the bottle to remove fatty deposits. Pay particular attention to the rim.



2 Use a small teat brush to clean the inside of the teat; or turn it inside out and wash in hot soapy water; or if you wish to use salt to clean the inside and outside of the teat, make sure you wash it off completely.



3 Rinse all your washed equipment thoroughly before sterilising.



4 To sterilise by boiling:

Put the equipment into a large pan filled with water. Make sure there is no air trapped in the bottles or teats. Cover the pan with a lid and bring to the boil. **Boil for at least 10 minutes.** Make sure that the pan does not boil dry.

Keep the pan covered until the equipment is needed.

Check teats and bottles regularly for signs of deterioration. Bottles may become cloudy or cracked over time and teats get cracked or spongy. If you are unsure about a bottle or teat, it's safer to throw it away.



5 To sterilise with chemicals:

Make up the solution, using tablets or liquid, following the manufacturers' instructions. Submerge the equipment in the solution, making sure there is no air trapped in the bottles or teats. Your sterilising tank should have a plunger to keep all equipment under the water - or you can use a plate. **Leave in solution for at least 30 minutes.**

Make up a fresh solution every 24 hours.



6 To use steam or microwave sterilisers, just follow the manufacturer's instructions.

Always wash your hands before removing equipment from your steriliser.

If you have used a chemical steriliser and wish to rinse your equipment prior to use, use water that has been boiled and allowed to cool.

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TABLE 1: Function and Sources of Key Vitamins
(Adapted from “Catering for Health” Scottish Executive & Food Standards Agency)

VITAMIN	FUNCTION	SOURCES
FAT-SOLUBLE		
A	Maintains and repairs tissues, needed for growth & development. Essential for immune system & vision.	As retinol (pre-formed vitamin A): milk, fortified margarines, cheese, egg, liver, oily fish (pilchards, sardines, herring, tuna, salmon) As carotene (converted to vitamin A by the body): carrots, tomatoes, green leafy vegetables, peppers, mango, apricots, melon
D	Essential for bones & teeth, promotes absorption of calcium from food.	Fortified margarines & spreads, oily fish, fortified breakfast cereals
E	Antioxidant vitamin which helps prevent damage to cells.	Green leafy vegetables, margarine, whole grain cereals, eggs
K	Essential for blood clotting.	Dark green vegetables, especially cabbage, Brussels sprouts & spinach
WATER-SOLUBLE		
B1 (Thiamine)	Involved in release of energy from carbohydrates & fat, needed for brain & nerve function.	Potatoes, bread, fortified breakfast cereals, milk, dairy products, meat & poultry
B2 (riboflavin)	Involved in release of energy from carbohydrate, fat & protein, needed for growth.	Milk & dairy products, liver, fortified breakfast cereals, meat & poultry
B3 (niacin)	Same as B2	Meat & poultry, fortified breakfast cereals, fish, potatoes
B6 (pyridoxine)	Protein metabolism, formation of healthy blood & nervous system	Meat, milk, potatoes, fortified breakfast cereals
B12 (cyanocobalamin)	Production of red blood cells, involved in nervous system	Meat, milk & dairy products, fish, eggs, fortified breakfast cereals, yeast extract
FOLATE	Production of red blood cells, reduces risk of neural tube defects e.g. spina bifida in early pregnancy	Green leafy vegetables especially Brussels sprouts, spinach, and green beans, potatoes, oranges, melon
C	Helps wound healing & iron, absorption, needed for formation of bones, muscle & blood vessels, antioxidant vitamin	Fruits especially citrus fruits – oranges, blackcurrants, strawberries, green vegetables, potatoes