

## Staff infant feeding procedure

### Preparing expressed breast milk

Step	Instructions	Visual guide
1	Wash your hands and make sure you have a clean bench for preparing the bottle.	
2	Ask another staff member to double-check the name and date on the breast milk and sterilised bottle provided by the family.	
3	Fill out the infant's feeding record.	
4	Thaw frozen breast milk in refrigerator or in a container of warm (not boiling) water. Do not use the microwave.	

# Move Well Eat Well

Step	Instructions	Visual guide
5	Heat breast milk by standing the bottle or storage pouch in warm water for around 10 minutes. Do not use the microwave.	
6	Check the temperature on your wrist. It should feel warm not hot.	
7	Feed the infant as soon as possible after warming the breast milk.	
8	Throw away any leftover breast milk that has been heated.	