

NUTRITION TIDBITS FOR TEACHERS

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Bottle Safety

1) Always wash hands before preparing a bottle

2) Use a sanitized bottle

3) Prepare according to package directions.

- Adding too much or too little water can make an infant sick.

4) Label bottle with infant's name, date and time of when feeding started.

- This prevents bottle sharing and lets you know when to throw the bottle out. **Unfinished milk should be thrown out 2 hours** after starting the feed.



5) Always hold an infant while feeding them.

- If you prop an infant on a pillow with a bottle, the infant can choke, get ear infections or over/under eat. It is a licensing rule that infants **MUST** be held while drinking a bottle.



6) If an infant is old enough to hold their own bottle, they can be seated in a high chair and hold their bottle.

7) Keep breast milk safe.

- Always label breastmilk with the infant's name, start time and date of feeding.
- Frozen milk can stay in the freezer for 3 months.
- Refrigerated milk can stay in the fridge for 48 hours.
- Never refreeze milk that has been thawed.
- Thaw milk in warm water, a bottle warmer, or fridge never in the microwave.

