

## Sterilising Policy

### Statement of Intent

Sterilising helps protect your baby against germs and infection. Harmful bacteria grow quickly in milk and babies under one are at their most vulnerable to catching anything from a mild attack of thrush to serious gastroenteritis.

### Aim

While you can't create a 100% germ-free environment, you can reduce the risks to your baby through sterilising feeding equipment for under one year of age.

### Cold Water Sterilising

- Staff must wash hands with warm soapy water prior to handling feeding equipment
- Wash all parts of the bottle in hot soapy water.
- Rinse soapy suds off equipment.
- Place in container with sealed lid and Milton sterilising solution. (Half a tablet to 2.3 litres of water)
- Bottles need to be submerged in sterilising water.
- Equipment will be sterilised after 30 minutes in solution.
- Wash with boiling water to remove solution
- Use equipment straight away.

Date of Review	Changes Made	Signatures	Date of Next Review
15/01/15	None	A. Ferguson	January 2016
06/05/2016	None	A. Ferguson	May 2017
05/04/2017	None	A. Ferguson	April 2018