

## FORMULA BOTTLE HEATING PROCEDURE

- Prepared bottles are to be stored in the fridge at a temperature between 1 to 4 degrees Celsius.
- Wash hands before handling bottles. Wear gloves when preparing formula and heating bottles.
- Ask another educator to check that you have the correct bottle for the correct child.
- When preparing formula, ask another educator to check the formula and the child you are giving it to.
- Remove teat and cap.
- Place in microwave.
- Heating time will vary - generally 30 seconds.
- Remove bottle from microwave, replace teat and cap.
- Shake bottle (Leave cap on as it may spurt).
- Test temperature of bottle contents on the inside wrist.
- If too warm, allow to cool, or place the bottle under cold running water. Always check temperature of bottle again.
- Ensure bottle feeding is a special bonding time with the child.