



## Warming Infant Bottles

**Bottles and infant foods can be served cold from the refrigerator and do not have to be warmed.**

If you choose to warm bottles prior to feeding:

1. warm under running, warm tap water

or

place in a container of water that is no warmer than 120°F

2. Swirl bottle to distribute the heat evenly prior to feeding



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- Bottles should not be left in a pot of water to warm for more than five minutes.



- Bottles and infant foods should never be warmed in a microwave oven.
- Caregiver/teacher should not hold an infant while removing a bottle or infant food from the container of warm water or while preparing a bottle that has been warmed in some other way.
- Only use BPA-free plastic, plastic labeled #1, #2, #4 or #5

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**If a slow-cooking device, such as a crock pot, is used for warming infant formula, human milk, or infant food:**

- Keep it and cord out of children's reach
- Water should never exceed 120°F
- Empty, clean, sanitize, and refill with fresh water daily

## **RATIONALE:**

Bottles of human milk or infant formula that are warmed at room temperature or in warm water for an extended period of time provide an ideal medium for bacteria to grow.

Infants have received burns from hot water dripping from an infant bottle that was removed from a crock pot or by pulling the crock pot down on themselves by a dangling cord. Caution should be exercised to avoid raising the water temperature above a safe level (120°F) for warming infant formula or infant food.

Human milk, formula, or food fed to infants should never be heated in a microwave oven as uneven hot spots in milk and/or food may burn the infant.

Swirling gently is enough to mix the layers of breast milk back together. Excess shaking may damage some of the valuable cellular components in breastmilk. It may also cause foaming that increases the amount of air baby swallows during feeding.

### **Standard 4.3.1.3**

### **Standard 4.3.1.9**

American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education, 2011. *Caring for our children: National health and safety performance standard Guidelines for early care and education programs*. 3rd Edition. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association.