**CARING FOR THE UNDER 2’S**

At Amberley Nursery, we care for children under the age of two and ensure their health, safety and well-being through the following:

* Children under two have a separate room and are cared for in a small intimate group, we ensure the younger children have opportunities to have contact with older children whilst at nursery.
* At least half of the staff who care for the under two’s will have undertaken specific training for working with under two’s, or have at least two years’ experience in working with children under two.
* The environment and equipment are checked daily before the children access the area. This will include: checking the stability of the cots, and that no items are in reach i.e. hanging over the cot.
* Chairs for feeding are fitted with restraints and these are used always. Restraints are removed and washed weekly or as needed.
* All doors are fitted with viewing panels and door finger guards to ensure the safety of children.
* Outdoor shoes are removed or covered when entering the under-two’s area.
* The children will have their nappies checked/changed every 2 hours, unless needed before. Where possible this will be done by the child’s key worker. No children will left unattended during a nappy change.
* Information will be shared between parents and key worker about nappy changing in a way that best suits the needs of the parent/carer.
* Changing mats are wiped with anti-bacterial spray before and after each nappy change.
* Each child will have their own bedding which is washed at least weekly and more often where necessary.
* Cot mattresses will meet current UK safety standards.
* Children under two are not to be given pillows. Cot bumpers or any soft furnishings to prevent risk of suffocation.
* We follow all cot death prevention/safety guidelines and advise parents of this information.
* Babies are always laid to sleep on their back, with their feet touching the end of the cot.
* Sheets or thin blankets will come no higher than the child’s shoulders to prevent them wiggling under the covers.
* No children will be left propped up with bottles.
* Checks on sleeping children are completed every 10 minutes, for younger children this may be 5 minutes. Each check will be documented with the time and staff initials.
* Food/milk is prepared for the children at the milk station, in our baby room this is the worktop area.
* A designated area will be available for mothers who wish to breastfeed their child or to express milk.
* Labelled mothers breast milk is stored in the fridge.
* Sterilisers are washed and cleaned out daily.

**BOTTLES**

Staff at Amberley nursery follow guidelines for preparing formula milk in infants in accordance with policy published by the food standards agency and the department of health.

We ask that parents help with this in the following ways:

* Bring in your child’s bottle **sterilised and fully assembled** with the teat and lid in place. This prevents the inside of the sterilized bottle and inside and outside of the teat from being contaminated.
* Provide the **formula powder in the original container**: this is the best way for the practitioners to ensure they are preparing feeds correctly.
* Label the formula container with **child’s full name and date of opening.**

According to the food standard agency and department of health, the best way to prevent a baby becoming ill is to make up all formula feeds fresh, as and when they are required by the baby.

Amberley Nursery will follow the routine below to ensure best practice when carrying out this task:

* Clean the surface thoroughly on which to prepare the feed.
* Wash hands with soap and water then dry.
* Boil fresh tap water in a kettle, important: allow the boiled water to cool to no less then 70oc. This means in practice using water that has been left covered for less than 30 minutes after boiling. Pour the amount of boiled water required in to the sterilised bottle.
* Add the exact amount of formula as instructed.
* Shake the bottle well to mix the contents.
* Cool to feeding temperature by placing in a container of cold water.
* Check the temperature by shaking a few drops on to the centre of your arm. All staff will record they have checked the temperature of the bottle.
* Discard any feed that has not been used within two hours.

In line with the nursery food and drink policy, we are unable to reheat or serve pre-prepared formula brought in from home. We recognise that parents may wish to provide pre-prepared milk in sealed cartons so when re-warming milk feeds for the babies, the practitioners will carry out the following guidelines:

* Transfer the formula to a sterile bottle.
* Re-warm using a bottle warmer
* Shake the bottle to ensure the feed has heated evenly
* Check the feeding temperature by shaking a few drops onto the inside of the upper arm. It should be lukewarm not hot.
* It is bad practice to leave the bottle warming for longer than 15 minutes. Therefore, any feed that is accidently left to heat for longer than 15 minutes will be discarded.

**USE OF DUMMIES**

At Amberley nursery, we recognise that a dummy can be a source of comfort for a child who is settling or upset, and it may often form part of a child’s sleep routine.

We also recognise that overuse of dummies may affect a child’s language development as it may restrict the mouth movements needed for speech. As babies get older they need to learn to move their mouths in different ways, to smile, to blow bubbles, to make sounds, to chew food, and eventually talk. As babies move their mouths and experiment with babbling sounds they are learning to make the quick mouth movements needed for speech. The more practice they get the better their awareness of their mouths and the better their speech will be.

We will:

* Discuss the use of dummies with parents/carers.
* Only allow dummies for comfort if a child is really upset i.e. if they are new to the setting or going through a transition, or part of their sleep routine.
* Store dummies in individual hygienic dummy boxes labelled with the child’s name to prevent cross-contamination with other children’s.
* Immediately clean or sterilise any dummy or bottle that falls on the floor or is picked up by another child.

When discouraging the dummy staff will:

* Make each child aware of a designated place where the dummy is stored.
* Comfort the child and, if age/stage appropriate, explain in a sensitive and appropriate manner why they do not need their dummy.
* Distract the child with other activities and ensure they are settled before leaving them to play.
* Offer other methods of comfort such as a toy, teddy, or blanket.
* Explain to the child that they can have their dummy at sleep time and when they go home.

We will also offer support and advice to parents to discourage dummy use during waking hours at home and suggest ways to which the child can be weaned off their dummy.

Policy revised January 2019 Lisa Gray