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Breastfeeding and Infant Formula



What is the difference between the many types of infant formula?

With the vast array of different formula on the market and companies often marketing their product as better than their competitors it is easy to understand why parents are often confused on what is the most appropriate infant formula to feed their child.

Overall if choosing an infant formula for infants aged 0-12 months any infant formula marked as a 'starter', 'newborn', or 'step 1' formulas are all good choices. If a child may have an allergy to cow's milk formula, it is important for families to speak to a doctor to seek their recommendation on the best choice for the baby before changing.

Tips:

- For further advice on alternate infant formulas, speak with a child health nurse, paediatrician or dietitian
- If using different infant formula brands it is important to carefully read the preparation instructions to check how many scoops of powder and how much water to use and use only the scoop that came with that tin as this can vary between brands

For more information refer to the Alternate Infant Formula Fact Sheet on NAQ Nutrition's Qld's Food Foundations website www.foodfoundations.org.au

Do I need to wear gloves when feeding an infant expressed breast milk?

A recent query from one of our members was around wearing gloves when feeding an infant expressed breast milk. Due to breast milk being classified as a bodily fluid, there are some confusing messages out there around this practice – and there are no specific guidelines relating to this matter.

Under the Qld Transplantation and Anatomy Act 1979, Breast milk is defined as a tissue – it is a bodily fluid and should be handled as such. Diseases such as HIV can be transmitted from an infected mother to her infant through her breast milk.

The recognised guidelines for health and hygiene are considered to be the Staying Healthy: Preventing infectious diseases in early childhood education and care services (5th Edition). Part three is the most relevant section and there is no specific reference to breast milk, however section 3.2.1 specifically deals with wearing gloves.

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Do I really need to wear gloves?

If there is a chance that you may come in contact with faeces, urine, saliva, vomit or blood, you should wear disposable gloves. If you are not likely to come in contact with these body fluids, there is no need to wear gloves.

If you do come in contact with body fluids but gloves are not available, it is important to thoroughly wash your hands with soap and water as soon as you finish the activity.

If early years settings implement these guidelines in relation to the handling of bodily fluids they would require staff to wear gloves when handling breast milk, as it is classified as a bodily fluid.