**EXPRESSED BREAST MILK (EBM) HEATING PROCEDURE**

* Wash hands before handling bottles. Wear gloves when preparing bottles.
* Bottles are required to be stored in the fridge at a temperature of 1 to 4 degrees Celsius, for no more than 24 hours.
* Frozen EBM can be thawed in the refrigerator slowly. Once thawed this way it can be stored in the refrigerator for no more than 24 hours.
* Because thawing can take some time, ask the parent when their child is likely to need a feed and thaw the EBM before this time.
* Ask another staff member to check that you have the correct bottle for the correct child.
* Stand the bottle in a jug of hot water (not boiling) until the contents reach body temperature. This is best determined by dropping a little EBM on your wrist.
* Once warmed, EMB should be offered to the baby immediately. Do not save left over EBM for another feed. If the baby needs more, prepare another small amount.
* EBM should not be frozen or heated more than once.
* Ensure bottle feeding is a special bonding time with the child.