**FORMULA BOTTLE HEATING PROCEDURE**

* Prepared bottles are required to be stored in the fridge at a temperature of 1 to 4 degrees Celsius.
* Wash hands before handling bottles. Wear gloves when preparing formula and heating bottles.
* Ask another staff member to check that you have the correct bottle for the correct child.
* When preparing formula ask another staff member 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.