



UNIVERSITY OF  
**LEICESTER**



# Infant Feeding Room Induction Guide

Room 2.42

George Davies Centre

University of Leicester





## 1. Purpose of the room

The infant feeding room has been provided for staff and students to use for expressing and breastfeeding. Information, help and support about infant feeding is also available within the room and from our infant feeding mentors.

We ask that you take time to familiarise yourself with this guide about the use of the room in order to ensure it is safe and hygienic for all.

## 2. Access

Entry to the room is available via a swipe card. Visitors can obtain this from the Porters desk on the ground floor of the George Davies Centre.

- Staff and students please contact your department or school manager to arrange access for your swipe card.
- Use the swipe card to enter the room.
- The room should then remain locked from the outside although you will be able to open the door from the inside.
- Please place one of the engaged signs on the door when in use. A screen is provided for extra privacy.
- Visitors: Please return the swipe card to the porter as soon as you have finished with it so the room can be used by someone else.

## 3. Use of the room

We want to ensure that the room is safe and comfortable for all to use. We have therefore developed these guidelines.

1. Room log – It would be helpful if you could complete the room log when you use the room. This is for monitoring purposes and allows us to prove that the room is needed.
2. Fridge – Please label all milk stored in the fridge. This is for hygiene and infection control. Milk storage information and guidelines are attached to the fridge.
3. Please keep the room tidy for the next user.
4. Information on breastfeeding, expressing and support groups can be found in the room. Feel free to photocopy these resources but please ensure there is a copy left for others.

## 4. Support and guidance

If you are at all concerned about any aspects of the room or breastfeeding and your work or studies please do contact support. Your line manager, supervisor or course tutor should be able to help. Additionally support can be found at:

National Breastfeeding Helpline 0300 100 0212

Leicester Student Support Service 0116 229 7753

Staff Support Services (Validium) 0800 358 45 68.



## Milk Storage Guidelines

You can store breast milk in a sterilised container or in special breast milk storage bags:

- in the fridge for up to five days at 4C or lower (you can buy cheap fridge thermometers online)
- for two weeks in the ice compartment of a fridge
- for up to six months in a freezer

Breast milk that's been cooled in the fridge can be carried in a cool bag with ice packs for up to 24 hours.

Storing breast milk in small quantities will help to avoid waste.

**Please make sure you label and date all milk.**



## Sterilising Guidelines

It's important to sterilise all your baby's feeding equipment, including bottles and teats, until they are at least 12 months old.

**Please follow the instructions for your pump before sterilising. Some parts may not be suitable for sterilising.**

Before sterilising, you need to:

- Clean bottles, teats and other feeding equipment in hot, soapy water as soon as possible after feeds.
- Use a clean bottle brush to clean bottles (only use this brush for cleaning bottles), and a small teat brush to clean the inside of teats. You can also turn teats inside out and wash in hot soapy water. Don't be tempted to use salt to clean teats, this can be dangerous for your baby.
- You can put your baby's feeding equipment in the dishwasher to clean it if you prefer. (Putting feeding equipment through the dishwasher cleans it but doesn't sterilise it.) Make sure bottles, lids and teats are facing downwards. You may prefer to wash teats separately by hand to make sure they are completely clean.
- Rinse all your equipment in clean, cold running water before sterilising.

The advice above applies to all your baby's feeding equipment, and whether you are using [expressed breast milk](#) or [formula milk](#).

### Steam Steriliser

- It's important to follow the manufacturer's instructions, as there are several different types of sterilisers.
- Make sure the openings of the bottles and teats are facing downwards in the steriliser.
- Manufacturers will give guidelines on how long you can leave equipment in the steriliser before it needs to be sterilised again.





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