



# Bottles, Cups & Dummies Policy

Bijou Day Nursery & Crèche, Cowbridge

**Policy owner:** Nursery Manager / Rheolwr y Feithrinfa

**Version:** 2.0

**Last reviewed:** June 2026 / Mehefin 2026

**Next review:** June 2027 / Mehefin 2027

**Approved by:** Samantha Rennison, Responsible Individual / Unigolyn Cyfrifol

## 1. Policy Statement

Bijou Day Nursery & Crèche recognises the importance of managing the use of bottles, cups, and dummies appropriately to support children's health, development, and oral hygiene. We work in partnership with parents to ensure a consistent, supportive approach.

This policy complies with the Child Minding and Day Care (Wales) Regulations 2010 (as amended), the National Minimum Standards for Regulated Childcare (2016), and is informed by NHS Wales and Public Health Wales guidance on oral health in early years settings.

## 2. Bottles

### 2.1 Babies (under 12 months)

- Parents provide pre-made bottles of breast milk or formula, clearly labelled with the child's name and date
- Bottles are stored in the designated section of the nursery fridge upon arrival
- Breast milk is stored and handled in accordance with NHS guidance (separate, labelled, within recommended timeframes)
- Formula is warmed in a bottle warmer or jug of warm water — **never in a microwave**
- Milk temperature is tested before feeding
- Unused portions are discarded after one hour at room temperature
- Bottles are returned to parents at the end of each day for cleaning and sterilisation
- Feed times, amounts, and any concerns are recorded in the daily care record and shared with parents

### 2.2 Transition from Bottle to Cup

- In line with NHS advice, we support the transition from bottle to open cup or free-flow cup from around 6 months, and encourage all children to be using a cup by 12 months
- This is managed sensitively in partnership with parents, respecting the child's pace
- Beakers with valves (non-spill cups) are discouraged for prolonged use as they can affect dental health

### 3. Cups & Drinking Water

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- Fresh drinking water is available to all children at all times — water stations are set up in each room
- Children are encouraged to drink water regularly throughout the day
- Milk (full-fat for under-2s, semi-skimmed from age 2) is offered at snack times
- Juice, squash, and sugary drinks are **not** provided by the nursery
- Named cups/bottles brought from home are accepted; these must be cleaned daily

### 4. Dummies (Pacifiers)

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- We recognise that dummies provide comfort to some children, particularly babies and younger toddlers
- Dummies are accepted in the baby room and are available for settling and sleep times
- For children over 12 months, we work with parents to gradually reduce dummy use to sleep times only
- Dummies are **not** encouraged during play, mealtimes, or activities, as they can hinder speech and language development
- Each child's dummy is clearly labelled with their name and stored hygienically when not in use
- Dummies are cleaned if dropped and replaced regularly; they are not shared between children
- Dummy cords or clips are used for safety — dummies must never be attached with strings or ribbons (strangulation risk)

### 5. Oral Health

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- We support the Designed to Smile programme (Welsh Government oral health initiative)
- Tooth brushing is incorporated into the daily routine for children with parental consent
- We promote healthy eating habits that support good dental health

### 6. Related Policies

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- Nutrition & Meal Time Policy
- Health & Safety Policy
- Sleeping Policy
- Infection Control Policy