



SAFE METHOD:


BABIES AND CHILDREN – SPECIAL ADVICE



There are some foods for babies that need extra care and others that are not suitable for children.

SAFETY POINT	WHY?	HOW DO YOU DO THIS?
<p>Formula milk</p> <p>If parents / carers bring made-up bottles of formula, put them in the fridge straight away. Keep them in the fridge until you are ready to use them. Use the formula within 24 hours.</p> <p>Before you prepare a feed, clean worktops and wash your hands.</p> <p>You should clean and sterilise bottles and teats before you use them. Follow the manufacturer's instructions on how to do this.</p> <p>For more information on sterilising bottles, go to the NHS website.</p>	<p>If formula is not used as soon as it has been made up, it needs to be kept cold to help keep it safe.</p> <p>Making sure that everything is clean reduces the chance of a baby getting sickness and diarrhoea.</p> 	<p>Do you do this? Yes No</p> <p>If not, what do you do?</p>
<p>Ideally, you should make up formula milk freshly for each feed. If there is any made-up formula milk left after a feed, throw it away.</p> <p>Boil fresh tap water and let it cool, but for no more than half an hour. Always put the boiled water in the bottle first, before the powder.</p> <p>Cool the formula quickly to feeding temperature by holding the bottle under cold running water (with the cap on).</p>	<p>Using made-up formula milk that has been stored may increase the chance of a baby becoming ill.</p> <p>Using hot water will kill any harmful bacteria in the powder.</p> 	<p>Do you do this? Yes No</p> <p>If not, what do you do?</p>
<p>Breast milk</p> <p>Expressed breast milk should be stored in the fridge and used within 24 hours.</p>	<p>If expressed milk is not kept cold, harmful bacteria may grow in it.</p>	



SAFETY POINT	WHY?
<p>Baby food</p> <p>If you are using bought baby food, follow the manufacturer's instructions on how to prepare and serve it.</p> <p>If you make your own baby food (or a parent / carer brings home-made baby food), it is very important to cook, cool, store, defrost and reheat it safely. Follow the advice in the 'Keeping food cold' and 'Cooking and reheating safely' safe methods.</p>	<p>The manufacturer will have designed its instructions to make sure the food is safe for babies to eat.</p> <p>If you do not handle baby food safely, harmful bacteria could grow in the food.</p>
<p>Honey</p> <p>Do not give honey to children under one year old.</p> 	<p>Very occasionally, honey can contain a type of harmful bacteria that can produce toxins in a baby's intestines and this can cause serious illness.</p>
<p>Fish</p> <p>Do not give shark, swordfish and marlin to babies and young children.</p>	<p>These fish contain relatively high levels of mercury, which might affect a child's developing nervous system.</p>
<p>Shellfish</p> <p>Avoid giving raw shellfish to babies and young children.</p>	<p>Raw shellfish can contain harmful viruses and bacteria.</p>
<p>Nuts</p> <p>Do not give whole nuts to children under five. It is a good idea to crush or flake them.</p>	<p>This is because of the risk of choking.</p>
<p>Frozen vegetables/fruit</p> <p>Do not give babies or young children frozen vegetables or fruits that are not 'ready to eat', e.g. in mesh feeders to help teething and weaning.</p>	<p>This is because frozen vegetables (e.g. sweetcorn) and frozen fruit that are not cooked or washed properly can contain harmful bacteria.</p>

For more advice on what foods to give to babies and children, see the pregnancy and baby guide on the [NHS website](#).

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