

Infant Feeding

Transitioning to Child Care with SimpliFed

The transition of your brand-new baby to child care can be emotional, scary, exciting, and overwhelming - all at the same time. Whether you are direct breastfeeding, formula feeding, combo feeding, and/or pumping, navigating feeding as you transition your baby into infant care can be daunting. *As a parent whose third child will be joining Bright Horizons infant care soon and **SimpliFed** founder, I'm sharing lessons I've learned through my own journey, tips and tricks along with Bright Horizon's infant feeding approach to help prepare you for your next steps.*

In preparing for this transition, it is important to outline your family's goals for feeding:

- If you would like to provide breastmilk to your baby, would you like to pump and/or go to the Centers to direct breastfeed your baby?
- If pumping is a goal, which pump(s) would you like to use (electric, manual, wearable..)?
- Would you like to introduce formula fully or combo feed with formula?

TRANSITION TO NEW FEEDING METHODS

If choosing to breastfeed and/or pump, following your baby's typical routine will help support your milk production. This typically means pumping while away, every 2-3 hours. For most people this means about 2-3 times during the work day. To prepare and build a buffer stash, you can start adding in pump sessions to your daily routine a month prior to your return.

If your baby has been breastfed up to this point, the transition to an alternative feeding method like a bottle or formula can take some time and practice. Start offering the additional options 2-3 weeks prior to your return to work. Allowing your baby enough time to get accommodated with the alternative feeding method. It is important to [pace feed](#) all bottles given, no matter if its breastmilk or formula. It can be helpful to have someone else offer the bottle for short periods of time before your return to work.

The transition to pumping can also involve some decision making on what type of pump, what size flange to use, practice putting the pump together, and understanding how to properly clean the pump. You can check out [these resources here](#) to help navigate some of these decisions or feel free to reach out to a lactation consultant such as **SimpliFed** to help navigate this transition. As an example, lactation consultants at **SimpliFed** helped me select my electric and wearable pump, get sized for my pump, and taught me how to clean my pump while maintaining my sanity. Even though I had pumped before, I was inserting the duck bills incorrectly which was impacting the efficiency of the pump.



FEEDING PRACTICES AT BRIGHT HORIZONS

Also never fear- Bright Horizons staff members and teachers work closely with new parents on this transition and have incredibly thoughtful standards and procedures to help, which include:

- Refrigerators for storage of bottles and nursing rooms at the Centers. Each child has an individual basket in the refrigerator and cabinet or cubby solely for the purpose of his or her food and bottle storage.
- Red elastic visual cues for breastmilk containers to ensure that formula and breastmilk don't get confused.
- Labeling systems with your baby's name and date. Also the staff members confirm the label with a checkmark prior to use. Formula bottles are labeled with date prepared and expiration to ensure proper usage.
- Before feeding, the teachers do one last verbal check with their coworkers to ensure they are feeding the correct bottle to the child. They state: "This is (child's name) food/bottle, this (child's name) that I'm feeding now." If they are alone, this step must still be spoken aloud.

During my first baby's transition, I was incredibly impressed by the sophistication of the policies in place. If you want to learn more about Bright Horizons infant feeding procedures, check out the family guide found [here](#).

TIPS + TRICKS SUMMARY

- Introduce pumping routines, bottles, and/or formula at least 2-3 weeks prior to return to work
- Someone other than breastfeeding parent offer bottles
- Start feedings at early hunger cues or when baby is sleepy
- Try different feeding positions
- Use a piece of the nursing parent's clothing
- Try different bottles and/or nipples
- Dip bottle nipple in milk
- Use a spoon or cup to slowly introduce
- [Pace feed](#)
- [Reach out to SimpliFed](#) to schedule an insurance-covered appointment to prepare for the transition
- [Find your local Bright Horizons](#) location to visit and learn more about the infant program
- View the live recording of the [Infant Webinar: Feeding & Returning to Work](#) (password: BHSF2023!) to learn more!

-Andrea Ippolito

Founder, SimpliFed

Bright Horizons Mom of 3



WEBINAR RECORDING

Scan QR code to view the webinar
Password: BHSF2023!



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Infant Feeding

at Bright Horizons

INFANT FEEDING: BOTTLES AND FOOD

In order to maintain consistency from home to the center, and to meet the individual needs of children, babies will eat according to their own schedules. Fresh formula or breast milk (see Breast-Feeding) and baby food will need to be supplied to the center daily. Unless prohibited by state licensing, bottles/formula need to be prepared at home and brought to the center ready to feed. If required by licensing, formula may be prepared at the center. In such cases, the formula must arrive in a factory-sealed container labeled with the child's full name, date, and enough sterilized bottles for the day.

Glass bottles (with a silicone sleeve to reduce the risk of dropping the bottle while feeding) are allowed where permitted by the state licensing agency. All bottles should be capped and labeled with your child's full name. Each infant will be assigned a color code, which will be placed on all bottles and food containers. A color-coding chart will be kept in the classroom. Staff use visual and verbal check procedures to be certain all infants receive the correct bottles. To avoid uneven heating and the risk of burning children, microwave ovens are not used to heat infants' bottles or food.

To avoid contamination, all leftover contents of bottles are discarded after 60 minutes (unless the child is still feeding). All bottles are sent home at the end of the day. Snacks (crackers, fruit, teething biscuits, etc.) are supplied for older infants.

As recommended by the American Academy of Pediatrics (AAP), infants younger than 12 months will be fed formula or breast milk (no cow's milk); children between 12 and 24 months will be fed formula, breast milk, or whole milk. A request to feed a child younger than 12 months anything other than formula or breast milk will require written authorization from the child's medical provider.

You may request that soy formula or soy milk be fed to your child due to a possible lactose intolerance or a suspected or diagnosed allergy. If due to an intolerance or suspected allergy, you must complete a Suspected Allergy/Food Intolerance Form; if due to a diagnosed allergy or other medical reason, a health care plan will need to be completed by the child's medical provider. The use of milk containing nut products is not allowed.

Note: Solid food and cereal will not be fed in a bottle unless the child has specific written instructions from a medical provider that indicate the amount of cereal to amount of fluid. Solid food in a bottle is not only a choking hazard, but also teaches the child to eat solid foods incorrectly.



BREAST-FEEDING

A meaningful benefit of having child care near or at the workplace is the opportunity for a new mother to breast-feed throughout the day. If you are a nursing mother, we will be happy to make arrangements for you to visit your infant at any time. If the center is not convenient to your workplace for nursing visits, please feel free to supply us with expressed milk to feed your baby. For identification purposes, all breast-milk bottles are marked with a red band as well as the child's first and last name and color code. If space allows, a supply of frozen breast milk can be stored at the center for up to one month from the date provided to the center; you may also provide milk daily.

Note: Although some literature suggests that breast milk may be frozen for a longer period, given the types of freezers in our centers and the frequency with which they are opened, it is recommended that breast milk be kept frozen for no longer than one month.

