

Storage of breast milk
for healthy, term infants

- At Room Temperature (60-85°F) is optimal for 3-4 hours
Acceptable up to 6-8 hours
- In a refrigerator (<39°F) is optimal up to 72 hours
Acceptable up to 5-8 days under very clean conditions
- In a freezer (<0°F) is optimal up to 6 months
Acceptable up to 12 months

Heating and Thawing Guidelines

- Thaw and/or heat milk under warm, running water.
- Frozen milk can be thawed in the refrigerator the day before use.
- If milk has been frozen, then thawed, it can be refrigerated for up to 24 hours.
- Do not microwave or boil breast milk.

Storage Container Options

- Storage bags specifically designed for breastmilk
- Bottles with lids

**Breastfeeding
Resource Center**

1355 Old York Rd. Suite 101
Abington, PA 19001
215-886-2433

or

2546 Knights Rd.
Bensalem, PA 19020
215-639-6708

Office Hours
Monday – Friday
9 AM to 4 PM

Mothers can call for an appointment if there are concerns before returning to work. Our free support group meetings are very helpful before moms go back.

The BRC offers education sessions for daycare centers.

www.BRC4babies.com

Making it Work!
*Helpful Information for
Caregivers of Breastfed Babies*



Breastfeeding
Resource Center

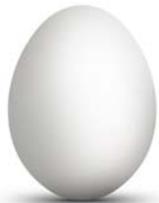
Breast storage capacity

- Milk production depends on how full a mother's breasts are.
Full breasts make milk slower.
Drained breasts make milk faster.
- During the first weeks of life, frequent breastfeeding prepares the mother's body to produce more milk for longer. Aim for at least 10-12 times per day.

More milk out equals more milk made!

- Breast storage capacity is unrelated to breast size.
- Mothers with both large and small storage capacities can make ample milk for their babies, but their feeding rhythms often are different!

Your baby's stomach is the size of this egg! Babies only need 3-5 oz. per feeding!



Pumping & Employment

The law requires employers to provide "reasonable" break time and a place that is not a bathroom for mothers to pump.

If you are away from your baby, how much expressed breastmilk will you need?

For exclusively breastfed babies between 1-6 months of age, they take in an average of 25 oz. (750 mL) per day. To estimate the average amount of milk your baby will need per feeding:

1. Estimate the number of times your baby feeds per day (in 24 hours)
2. Then divide 25 oz. by the number of feedings you estimated

For example, if your baby usually feeds about 9 times per day, then you may need to express around 3 oz. for each feed ($25/9=2.7$)

How often should mom be pumping?
Mothers should try to pump about three times a day if you work a typical 8-hour day.

An average breastfeeding is about 3 to 5 oz. (89-118 mL).

Paced bottle-feeding for caregivers

With typical bottle-feeding, the bottle gives faster, more consistent flow. Babies tend to *gulp* the milk and take more compared to breastfed babies. This method can lead to overfeeding and increase the risk of childhood obesity.

In paced bottle-feeding, the baby should be held more upright and the bottle held horizontally. Use a slow flow nipple and allow the baby to accept the nipple without forcing.

Encourage frequent pauses by lowering the level of the bottle so that milk leaves the nipple. When the baby begins to suck again, the bottle can be raised.

Switch sides halfway through the feed and do not force the baby to finish a bottle.



Baby is more upright and caregiver pays attention to how the baby handles the flow!