

USING



- Use refrigerated breast milk within 5 days.
- Use frozen milk within 3 months.
- Use **thawed** frozen milk within 24 hours.
- Use oldest milk first.
- Don't worry if the milk separates into layers. Simply shake gently to mix.
- To thaw frozen milk, place container on a plate and put in refrigerator. For faster thawing, place under warm running water.
- A microwave should not be used for thawing or heating breast milk. Heat destroys important nutrients and antibodies. Also, microwaving causes hot spots that can burn your baby's mouth and throat.

FEEDING

- Breastfeed when you pick up your baby or when you get home. Relaxing together for the first 30 minutes can refresh you and give you some quiet time with your baby.
- Breastfeed whenever you are with the baby to keep up your milk supply on your mornings, evenings, and days off. You don't need to use bottles of breast milk or formula when you're with your baby.

Remember we are a team working together to help you maintain your choice to breastfeed your baby.

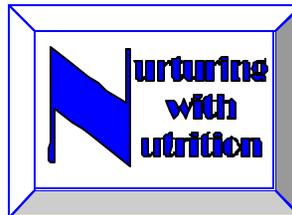


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We will be happy to give you more information about:



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SAFE HANDLING OF EXPRESSED BREAST MILK

THE WORKING MOTHER AND CHILD CARE PROVIDER FOOD SAFETY TEAM

Dear Parent,

As your child care provider, I am very happy you chose to breastfeed your baby. I will do all I can to meet your needs and those of your baby. I am providing this fact sheet to you so together we can help you continue to breastfeed safely. Careful handling of your expressed milk by both of us will reduce the risk of germs getting into your milk.

EXPRESSING SUGGESTIONS

Your baby is very sensitive to germs. I hope this information is useful when you are bringing your expressed breast milk to me.

- Before expressing, remember to wash your hands in hot soapy water for 20 seconds. Dry with a paper towel.
- Make certain that all storage containers and pumping equipment are clean (see manufacturer's advice).
- Make certain that the room in which you are expressing is sanitized. You can use a solution of 1 tablespoon bleach to 1 gallon of water.
- There are a variety of ways to express your milk: hand pumping; battery-operated pumps; electrical pumps. The most efficient type is the electrical pump.

- Look at pictures of your baby to make it easier for you to express milk.



- Express milk more often if your breasts leak. You can use nursing pads inside your bra and press gently against your nipples to stop the leak. Keep a sweater or a jacket at work in case you need to cover leak marks.

For specific questions about expressing milk and using pumps, talk to your health care provider or other breastfeeding experts, such as a lactation consultant, nurse, nutritionist, or a La Leche League leader.

STORING

- Store breast milk in sterilized bottles in a refrigerator or cooler with ice packs. Store it in small amounts, 2 to 4 ounces, for a young baby. You can also store in specially made plastic breast milk bags.
- Immediately label each container with the name of your baby, date and time when milk was pumped.
- Refrigerate promptly and use within 5 days OR freeze and use within 3 months.* Use a thermometer to make certain your freezer maintains a constant 0°F.
- Carry breast milk in an insulated thermos bottle or in an insulated container with a freezer gel pack to keep it cold.

*Storage times vary depending on the information source. Times recommended here are based on information from the following web site:

<http://www.aap.org/family/brstguid.htm>
(2.28.01)