

How can I safely store & prepare breastmilk?

(From the USDA, 2016)

Storage

- Wash your hands. Wash bottles and pumping supplies in hot soapy water or in the dishwasher*.
 - Human milk can be stored in the refrigerator in clean glass or BPA-free** plastic bottles with tight fitting lids.
 - Freezer milk bags are designed for storing human milk.
 - Don't use disposable bottle liners or other plastic bags to store your human milk.
 - Don't store milk on the shelves in the door of the refrigerator; temperature varies due to the opening and closing the door.
 - Put the collection date on the container.
 - If you are giving the milk to your childcare provider, put your child's name on the container and talk to your childcare provider about storage guidelines for human milk.
 - When traveling short periods of time, such as to and from work or school, store your pumped/expressed milk in an insulated cooler bag with frozen ice packs.
- * Check the manufacture information on whether pump parts can be washed in the dishwasher.
 ** Bottles with the recycle symbol number 7 indicate that the container may be made of BPA-containing plastic.

Freezing

- Freeze milk in small batches of 2 to 4 ounces.
- Leave an inch or so of space at the top of the container because milk will expand as it freezes.
- Store milk in the back of the freezer. Don't store milk on the shelves of the freezer door.
- Chill freshly pumped milk before adding it to frozen milk.

Thawing and warming

- Use the oldest stored milk first. Practice FIFO (first in, first out).
- Human milk does not need to be warmed. It can be served room temperature or cold.

- Gently swirl the milk (don't shake it) to mix it, as it is normal for human milk to separate.
 - If you do warm your milk, test the milk temperature by dropping some on your wrist. It should be comfortably warm.
- Milk may be thawed in several ways, (1) in the refrigerator overnight, (2) under running warm water or (3) in a container of warm water.
- Milk thawed should be used within one hour after it is thawed or placed in the refrigerator.
- Milk thawed in the refrigerator should be used within one day (24 hours) after it is thawed.
- Discard unused milk left in the bottle within 1 -2 hours after the baby is finished feeding.

Do not microwave human milk. Microwaving breaks down nutrients and creates hot spots, which can burn your baby's mouth.

Never refreeze thawed human milk even if it had been refrigerated.

Storage Area	Freshly pumped	Thawed
Room temp (77°F)	Up to 4 hours	1-2 hours
Refrigerator (40°F or less)	Up to 4 days	Up to 1 day (24 hours)
Freezer in fridge, with separate door (0°F or less)	Up to 6 months	Never re-freeze thawed human milk
Separate deep freezer (-4°F or less)	Up to 12 months	Never re-freeze thawed human milk

- Storage times and temperatures may vary for premature or sick babies. Check with your health care provider.

How can I effectively introduce the bottle to my baby?

Be patient with the process of introducing the bottle. It often takes some time before a baby will accept a bottle. Keep trying.

Wait at least 3 weeks after birth before trying to give the baby a bottle.

- Plan to introduce the bottle when the baby is alert and *not* overly hungry.
- Try warming the nipple & expressing a little milk onto the baby's lip or tongue.
- Ask another caregiver (dad, grandma, etc.) to try giving the bottle. This is often more effective.
- Stop after about 10 minutes if you are not successful & the baby is frustrated. Be patient & try again tomorrow.

What resources are available if I have further questions or challenges?

Seek local support from other breastfeeding working moms, lactation counselors, and breastfeeding support groups like La Leche League (LLL) (www.LaLecheLeague.org).

For more information, see:

American Academy of Pediatrics website (www.aap.org)

South Dakota Department of Health (www.healthysd.gov)

South Dakota WIC Program (www.sdwic.org)

U.S. Department of Health and Human Services

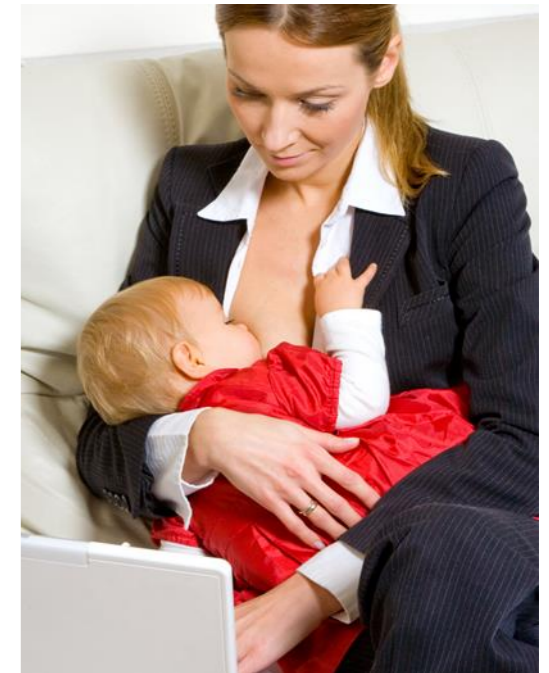
www.womenshealth.gov/breastfeeding

Developed by:
SD Breastfeeding Coalition

Reviewed by:
South Dakota WIC Program, South Dakota Department of Health - Office of Chronic Disease Prevention & Health Promotion, and Brookings Supports Breastfeeding.

___ Copies printed by SD Dept. of Health at a cost of \$___ each.

Breastfeeding and Returning to Work



What are the **benefits** of breastfeeding after I return to work?

The American Academy of Pediatrics (www.aap.org) recommends *exclusive* breastfeeding (no formula, water, food, or other milk) for 6 months and continued breastfeeding for one year.

Benefits for baby:

- Best nutrition for growth & development
- Lower risk for illness & allergies, compared to formula-fed babies

Benefits for mom:

- Lower costs (about \$400/year) compared to formula (up to \$2,400/year)
- Lower risk for breast & ovarian cancer
- Quiet time after work to bond with baby after being apart during the day



What can I do **during pregnancy** to prepare for returning to work?

Explore expressing/pumping and milk storage options early.

Find **support** for breastfeeding and for combining breastfeeding & work. Great sources of support are:

- Other working moms with breastfeeding experience
- Certified Lactation Counselors
- La Leche League groups
- Breastfeeding support groups

Ask questions about how breastfeeding, or pumping, could work at **your workplace**.

- Is there a policy in place for breastfeeding/pumping in your workplace?
 - Note: companies with more than 50 employees are required to provide adequate time & space for mothers to pump.
- Is there a designated space for pumping?
 - If not, is there a (non-bathroom) space that can be used for pumping?
- Are break times used for pumping?
- How will work be covered while pumping?
- How and where can breastmilk be stored?
- Can you return to work mid-week, part-time, or job-share?
 - Flexible and gradual re-entry can significantly improve success at combining breastfeeding and work.

What can I do **during maternity leave** to prepare for returning to work?

Establish good breastfeeding and pumping routines to build milk supply and comfort.

- Start expressing/pumping and storing milk at home. Express when you feel you have a surplus of milk—after feeding baby at the breast.
- Start preparing to go back to work about 2 weeks before your return date.

What should I tell my **baby's caregiver** about breastfeeding?

First, keep breastfeeding in mind when **choosing a childcare provider**.

- Onsite or close-by childcare providers may provide the option of nursing your child during the workday.
- Choose a childcare provider that understands how to store, prepare, and feed breastmilk.
 - Handouts are available for caregivers unfamiliar with these practices.
- Childcare providers with successful breastfeeding experience can be a tremendous help.

Next, **discuss your wishes for breastfeeding**.

- Request that your baby not be fed right before pickup. This allows you to breastfeed & bond after work.
- Find a comfortable, private space to nurse on-site, if possible & desired.

What can I do **when I return to work** to successfully continue breastfeeding?

Create a routine that gives you maximum comfort and efficiency.

- Timing
 - Breastfeed baby right before you go to work and as soon as you return home.
 - Express/pump milk at baby's normal feeding times.
- Clothing
 - Two-piece outfits make pumping easier.
 - Choose clothing that can hide evidence of leaks.
 - Wear nursing pads; keep extras at hand.
- Comfort
 - Bring a blanket if you get easily chilled.
 - Make yourself as comfortable & relaxed as possible.
 - Looking at pictures of your baby can help you relax and start milk flow (letdown).
 - Use a private space with a lock (e.g., an office).
 - Use a hospital-grade double-electric pump for comfort & efficiency (it's time-saving!).
- Health & Safety
 - Wash your hands before pumping.
 - Wash pumping equipment & bottles after each use.
 - Consider buying 2 sets of pump parts to save time on washing during the day.
 - Store milk appropriately.