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.
  - Discard unused milk left in the bottle within 1-2 hours after the baby is finished feeding.

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

Never re-freeze thawed human milk even if it had been refrigerated.

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

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.sdwich.org
U.S. Department of Health and Human Services www.womenshealth.gov/breastfeeding

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