

Feeding Tips for Breastfed Babies

Handling Breast Milk

- Store milk in small amounts (1-4 ounces), labeled with baby's name and date collected
- Store milk in back of refrigerator or freezer
- Thaw milk in refrigerator or in a bowl of warm water
- Warm milk by using warm, not hot, water (never microwave)
- Breast milk may separate—swirl gently to mix (never shake)
- Use oldest milk first; never refreeze thawed milk

Breast Milk Storage Guidelines

Location	Temperature	Duration
Refrigerator (thawed milk)	32-39 °F	24 hours
Refrigerator (fresh milk)	32-39 °F	72 hours
Freezer with separate door	0 °F	3 months

Feeding the Breastfed Baby

- Breast milk is easily digested, so babies may eat more often (every 1.5-3 hours)
- Watch for hunger cues: turning head from side to side, sucking, hand movements toward face, smacking lips
- Crying is a late hunger cue
- Feed small amounts of milk, adding more as needed
- Feed slowly with frequent pauses
- Slow flow nipples are recommended

Sponsored by:
Alameda County Supervisor Keith Carson
Alameda County Breastfeeding Coalition

Source: A partnership between the Indiana State Department of Health, the Indiana FSSA Bureau of Child Care, The Indiana Association for Child Care Resource and Referral, and the Indiana Perinatal Network. Storage Guidelines Source: Academy of Breastfeeding Medicine, 2010.

