

Public Health Division

Jail Medical Services Commitment for Transfer of Breastmilk

County Jail Medical Services recognizes the importance of breastmilk for babies in giving them a healthy start in life. When a breastfeeding mom is incarcerated, County Jail Medical Services tries to support a mom and the caregiver of the baby in their efforts to maintain the supply of breastmilk to the baby. This requires commitment and work by both the breastfeeding mom and the caregivers of the baby.

The following two factors are absolutely necessary for the maintenance of the baby's breastmilk supply:

- The consistent efforts of the mom to pump her milk on schedule and protect the breastmilk from contamination.
- The commitment and consistency of the caregivers of the baby to come to the Jail and pick up the breastmilk **every day** at the **same time of day**.

Continuation of support for breastmilk for the baby also depends on the ability to maintain the breastfeeding support in the Jail setting and sometimes that may be factors beyond the control of Jail Medical Services that will necessitate the discontinuation of breastmilk pumping.

Instructions

Caregivers of the baby must provide to the Jail Medical Services the names of the persons who will come to the Jail to pick up the breastmilk every day, to a maximum of three names.

When the breastmilk is picked up, the person must be prepared to show picture ID to the Custody Officer.

To pick up the breastmilk, go to the window in the Jail lobby and identify yourself and state that you have come to pick up the breastmilk for the baby and give the name of the mother.

Keep the breastmilk in the refrigerator until used. Do not store more than 5 days. Discard any breastmilk not used within 5 days.

If you have questions or need to make changes in arrangements, please phone the County Jail at and ask for the Jail Medical Clinic.

Agreement

I understand the information provided and what is required of the caregivers to enable breastmilk to be provided to the infant. I understand that the breastmilk must be picked up consistently and on time.

Name of the infant: _____

The persons/relationship who will pick up the breast milk are:

1) _____ / _____

2) _____ / _____

3) _____ / _____

The time each day at which the breastmilk will be picked up: _____ am pm

Parent/guardian name: _____

Phone: _____

Caregiver name: _____

Phone: _____

Signature of Parent/Guardian of Infant: _____ Date: _____

Signature of JMS Staff Member: _____ Date: _____

Name of mother: _____ DOB: _____

Original to Medical Chart
2-sided Copies: Parent; Caregiver; Custody

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IMPORTANT

Storing Breastmilk

- Put breastmilk in clean bottles or milk storage bags. Choose bottles made of glass or flexible, milky-colored plastic (polyethylene or polypropylene).
- Only put 2 to 3 ounces in each container. Small amounts freeze and thaw faster. As your baby gets older he will drink more, so you can put more breastmilk in each container.
- Leave a little space in each container. The breastmilk will take up more space as it freezes.
- Write the date you pump your milk on each container. Use the oldest breastmilk first.
- After pumping, keep breastmilk in a cooler with ice, in the refrigerator, or in the freezer.
- Stored breastmilk looks different than fresh milk. Shake it gently before feeding it to your baby.

Here is how long you can keep your breastmilk*

	Room Temperature (70° F)	Refrigerator	Small freezer (inside refrigerator)	Freezer
Fresh breastmilk	5 hours	5 days	2 weeks	3 to 4 months
Thawed (defrosted) breastmilk	Use within 1 hour after thawing	Use up to 24 hours after thawing	Do not refreeze thawed breastmilk	

*For healthy full-term babies.

Tips for Warming Breastmilk

- Put frozen breastmilk in the refrigerator overnight so it can thaw by morning.
- To warm breastmilk put the bottle of breastmilk, or milk storage bag, in a bowl of warm water.
- Do not thaw or warm breastmilk in the microwave. This makes "hot spots" in the milk that can burn your baby's mouth.

From: California Women, Infants and Children (WIC) Program. Pumping and storing breastmilk for your baby. IC#920107. 05/09.