

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
Room temperature	up to 77°F	6-8 hours
Insulated cooler bag	5-39°F	24 hours
Refrigerator (thawed milk)	32-39°F	24 hours
Refrigerator (fresh milk)	32-39°F	5 days
Freezer inside refrigerator	5°F	2 weeks
Freezer with separate door	0°F	3-6 months
Deep freezer	-4°F	6-12 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



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