

Feeding Tips for Breastfed Babies

Handling Breast Milk

- Store milk in small amounts (1-4 ounces), labeled with baby's full name and date collected
- Store milk in back of refrigerator or freezer
- Thaw milk in refrigerator or in a bowl of cool 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

Feeding the Breastfed Baby

- Breast milk is easily digested so babies may eat more often (every 1-3 hrs)
- Watch for hunger cues; turning head from side to side, sucking, hand movements toward face, smacking lips
- Crying means "Help me" - not necessarily "I'm hungry"
- Feed small amounts of milk adding more as needed
- Feed slowly with frequent pauses
- Slow flow nipples are recommended

Breast Milk Freezer Storage

*Freezer w/
Separate Door*

0°

Up to 6 mos.

Deep Freezer

-4°

Up to 12 mos.

**NEVER
Refreeze
Thawed
Breast
Milk!**

Breast Milk Refrigerator Storage

*Freshly
Expressed
Milk*

32° - 39°
3-4 Days

Thawed Milk

32° - 39°
Up to 24 Hrs.
(1 Day)



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Helpful Tips for a Healthy Baby