Feeding Tips for Breastfed Babies

Handling Human 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 lukewarm water
- Warm milk by using warm, not hot, water (never microwave)
- Never refreeze thawed milk

<table>
<thead>
<tr>
<th>Storage Location and Temperatures</th>
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<tbody>
<tr>
<td>Type of Human Milk</td>
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<tr>
<td>Freshly Expressed or Pumped</td>
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<tr>
<td>Thawed, Previously Frozen</td>
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<tr>
<td>Leftover from a Feeding (baby did not finish the bottle)</td>
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</tbody>
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From CDC website https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm
Note: Storage guidelines in the child care setting may be different

Feeding the Breastfed Baby
- Breastfed 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
- A crying baby is in distress and may need something other than food
- Feed small amounts of milk (1-2 oz.), adding more as needed
- Feed slowly with frequent pauses and the bottle horizontal
- Slow flow nipples are recommended

Kansas Breastfeeding Coalition, Inc.

For breastfeeding support:
Call 800-944-9662
or visit ksbreastfeeding.org/local-resources/