

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

| Storage Location and Temperatures | | | |
|--|--|----------------------------|--|
| Type of Human Milk | Countertop 77°F (25°C) or colder (room temperature) | Refrigerator 40°F (4°C) | Freezer 0°F (-18°C) or colder |
| Freshly Expressed or Pumped | Up to 4 Hours | Up to 4 Days | Within 6 months is best Up to 12 months is acceptable |
| Thawed, Previously Frozen | 1–2 Hours | Up to 1 Day (24 hours) | NEVER refreeze human milk after it has been thawed |
| Leftover from a Feeding (baby did not finish the bottle) | Use within 2 hours after the baby is finished feeding | | |

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