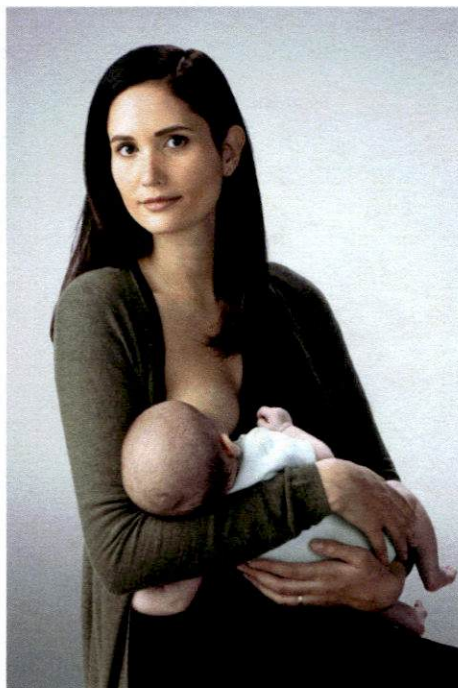




United States
Department of
Agriculture

BREASTFEEDING BASICS FOR MOMS:

Your Breastfeeding Questions Answered



Why should I breastfeed?

BREASTMILK IS THE BEST FOOD FOR
YOUR BABY. IT:

- has all the nutrients your baby needs for proper growth and development
- may reduce the risk of ear infections and colds
- may reduce the risk of obesity, diabetes, and other diseases
- is easier for your baby to digest
- is always the right temperature, never too hot and never too cold

IT'S HEALTHIER FOR YOU, TOO! BREASTFEEDING:

- can help you recover more quickly from childbirth
- reduce your risk for certain breast and ovarian cancer and type 2 diabetes
- may help you lose weight after childbirth



U.S. DEPARTMENT OF AGRICULTURE

**WIC
BREASTFEEDING
SUPPORT**

LEARN TOGETHER. GROW TOGETHER.

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a program of the USDA, Food and Nutrition Service.

FNS-7
August 2010
USDA is an equal opportunity provider, employer, and lender.

How often should I breastfeed my baby?

Newborn babies breastfeed frequently, about 8 to 12 times in 24 hours. Feed your baby when he or she shows signs of hunger, such as:

- sucking on hands or fingers
- smacking lips or opening mouth when lips are touched
- rooting or turning their head to search for mother's nipple
- squirming or restless movements while asleep

Many moms think crying is the only sign that their baby is hungry. But, it's actually a sign of distress. Hungry babies will show signs of hunger before they begin to cry. Watching for and responding early to your baby's hunger signs may help prevent them from crying.



Your body is amazing!

Did you know: as you breastfeed your baby, your body adjusts to make the right amount of milk? Putting your baby to your breast early and often will help your body keep up with your baby's growing tummy.

The more breast milk your baby drinks from you, the more milk you will produce. This is called *supply and demand*, and it is very important to the success of breastfeeding.

How will I know my baby is getting enough?

You can be assured that your baby is getting plenty of milk in a few ways. One way is to count the number of wet diapers and poops. The color, texture, and frequency of your breastfed baby's poops will change as your baby grows.

The chart to the right offers a guide for the frequency and color of your baby's daily poops and wet diapers. The boxes show the smallest number of diapers for most babies. It is okay if your baby has more diapers than what is shown. Your baby may have more than six poops a day after the first week. After 6 weeks, there may be fewer dirty diapers.

Another way to tell if your baby is getting enough milk is weight gain. Don't worry if your baby loses a little weight in the first few days—that's normal. Talk to your baby's doctor to make sure your baby is gaining the right amount of weight.

| Baby's Age | Wet | Poops |
|------------------|--------|-------|
| DAY 1 (birthday) | ● | ● |
| DAY 2 | ●● | ●●● |
| DAY 3 | ●●●●● | ●●● |
| DAY 4 | ●●●●●● | ●●● |
| DAY 5 | ●●●●●● | ●●● |
| DAY 6 | ●●●●●● | ●●● |
| DAY 7 | ●●●●●● | ●●● |



Can I feed my baby both breast milk and formula?

Feeding your baby both breast milk and formula in the first month can decrease your milk supply. If your baby gets full with formula and does not breastfeed, your breasts will make less milk.

Why does it feel like I'm not making any milk?

The first milk new mothers produce is called colostrum. Colostrum is a sticky yellowish substance full of vitamins and minerals. It provides your baby with important immunities and nourishment. Though it may not seem like a lot, it is enough to fill your baby's stomach in the first days.

At birth, your baby's tummy is no bigger than a toy marble (about 1 to 2 teaspoons). By day 10, your baby's stomach grows to the size of a ping-pong ball (about 2 ounces). Your milk supply will increase within a few days to keep up with your baby's needs.

Why do my breasts hurt when my baby nurses?

You may feel pain if your baby is not positioned properly or not latching on correctly to breastfeed. Talk to WIC breastfeeding staff for help with positioning and latching. Mothers, grandmothers, sisters, other relatives, and friends who have breastfed their babies can be good sources of information, too!

How do I prepare to go back to work if I am breastfeeding?

If you are returning to work soon after your baby is born, it is best to make a plan about how to work and breastfeed. Find a day care center or babysitter near your job and talk about your plans to breastfeed. You can use a breast pump to collect and store milk for your baby to have while you are at work. WIC can help you learn about pumping and storing breast milk. You should start to pump a week before you return to work to ensure you have a good supply.



For more resources visit:
WICBreastfeeding.fns.usda.gov

Information for breastfeeding families

The Importance of Latch-on



Sore nipples, engorgement, excessive weight loss, and jaundice

New mothers sometimes run into problems with breastfeeding. Sometimes a single problem develops, but often a "cluster" of problems occur that all have the same cause. These four issues (sore nipples, engorgement, excessive weight loss and jaundice) are often seen together and are often the result of poor latch-on. You can likely avoid this by following these simple steps:

✓ **Keep your newborn with you at all times**

This allows you to respond to your baby quickly at any time that he seems to want to feed. Your baby needs to see, feel, and smell you. Studies show that babies are calmer, sleep better, and cry less when they are in constant contact with mom.

✓ **Feed early and often**

His first feeding should occur sometime during the first hour after birth and he should not be removed from skin-to-skin contact on your tummy until that first feeding is complete. For subsequent feedings, look for early feeding cues: licking and smacking his lips, sticking his tongue out, putting his fist in his mouth, turning his head to the side and opening his mouth (rooting reflex). Newborns normally feed 8 or more times each 24 hours. They don't follow a schedule. Night feedings are important at this stage.

✓ **Use good positioning and check for a good latch-on**

Your baby only gets milk when he is well attached. Some tenderness and sensitivity is normal at first, but pain is not. If breastfeeding hurts, the baby is not attached properly. Look for the following: **Positioning** - Position your baby at breast height, using pillows to support his weight. Roll your baby "belly to belly" directly facing the breast. Line up your baby's nose with your nipple so he has to reach "up" to get the nipple. **OR** Lay back and place your baby on top of you in any position that seems comfortable and natural. Let your baby locate the breast (may take a few minutes) and latch-on himself.

✓ **Offer the breast**

Use a "sandwich hold" supporting the breast behind the areola and squeezing the breast gently to make it into an oval that fits in the baby's mouth. Keep your thumb near your baby's nose and the rest of your fingers on the opposite side of your breast. Stroke your nipple from your baby's nose to chin rolling out lower lip as you stroke down. Bring baby to the breast, not the breast to baby.

✓ **Check the latch-on**

Your baby's lips are flanged (rolled out), mouth open to 140°. There should be no pain, no wedged or creased nipple at the end of the feeding. Your baby's chin is touching your breast; his nose is free, with an asymmetrical latch-on (More breast tissue from the bottom of your areola is in the baby's mouth than from the top of the areola).



✓ **Assess milk transfer**

Wide jaw movements. Consistent sucking. Audible swallowing (after milk comes in).

If you need assistance, ask before a little problem becomes a whole cluster!

Feel free to duplicate this page. Lactation Education Resources. Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding you or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.



United States Department of Agriculture



Tips for Breastfeeding Moms

Making healthy food choices along with regular physical activity will keep you healthy while you breastfeed.

Find Your Healthy Eating Style

Choose a variety of foods and beverages to build your own healthy eating style. Include foods from all food groups: fruits, vegetables, grains, dairy, and protein foods.

The amount and types of food you eat is an important part of a healthy eating style. Before you eat, think about what and how much food goes on your plate or in your cup, bowl, or glass.

Making Healthy Food Choices

- Make half your plate fruits and vegetables. Choose fresh, frozen, canned, dried, and 100% juice. Include dark-green, red, and orange vegetables; beans and peas; and starchy vegetables.
- Make at least half your grains whole grains. Try oatmeal, popcorn, whole-grain bread, and brown rice.
- Move to low-fat or fat-free milk, yogurt, or cheese. Fortified soy beverages also count.
- Vary your protein routine. Choose seafood, lean meats and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Use the Nutrition Facts label and ingredients list to limit items higher in sodium, saturated fat, and added sugars. Drink water instead of sugary drinks. Choose vegetable oils instead of butter.

Doctors Recommend:

Your Baby's First Food






- Doctors recommend feeding only human milk (commonly referred to as breast milk) for the first 6 months. Continue breastfeeding in addition to solid foods until your baby is at least 1 year old.
- Breastfeeding helps form a special bond with your baby.
- Human milk helps protect your baby from illness.
- Breastfeeding is also good for you. It may help lower your risk for type 2 diabetes, and breast and ovarian cancers.

What About...?

- Talk with your doctor before taking any medicine (both over-the-counter and prescriptions), herbal or dietary supplements, or drinking alcohol or caffeine.
- Keep your baby away from smoke. Don't let anyone smoke around your baby.

Daily Food Checklist

The Checklist shows different amounts of food depending on how much of your baby's diet is human milk. Moms who feed only human milk to their baby need slightly more food. This is a general checklist. You may need more or less amounts of food.*

| Food Group | Breastfeeding only | Breastfeeding plus formula | What counts as 1 cup or 1 ounce? |
|--|--------------------|----------------------------|---|
| <i>Eat this amount from each group daily.*</i> | | | |
| Fruits  | 2 cups | 2 cups | 1 cup fruit or 100% juice ½ cup dried fruit |
| Vegetables  | 3 cups | 2½ cups | 1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables |
| Grains  | 8 ounces | 6 ounces | 1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal |
| Protein Foods  | 6½ ounces | 5½ ounces | 1 ounce lean meat, poultry, or seafood ¼ cup cooked beans ½ ounce nuts or 1 Tbsp peanut butter 1 egg |
| Dairy  | 3 cups | 3 cups | 1 cup milk 8 ounces yogurt 1½ ounces natural cheese 2 ounces processed cheese |

**If you are not losing weight you gained in pregnancy, you may need to cut back on the amount or change the types of food you are eating.*

Get a Daily Food Checklist for Moms designed just for you.
Go to ChooseMyPlate.gov/Checklist.



Being Physically Active

Unless your doctor advises you not to be physically active, include 2½ hours each week of physical activity such as brisk walking, dancing, or swimming. The activity can be done for at least 10 minutes at a time, and preferably spread throughout the week.



Beverages

Your need for fluids increases while you are breastfeeding. You may notice that you are thirstier than usual. Drink enough water to quench your thirst. Drink other beverages such as low-fat milk or 100% juice as part of your Daily Food Checklist.



Seafood

Seafood is part of a healthy diet. Omega-3 fats in seafood can have important health benefits for you and your baby. Salmon, sardines, and trout are some choices higher in omega-3 fats and lower in contaminants such as mercury.

- Eat at least 8 and up to 12 ounces of a variety of seafood each week from choices that are lower in mercury.
- Eat all types of tuna, but limit white (albacore) tuna to 6 ounces each week.
- Do not eat tilefish, shark, swordfish, and king mackerel since they are highest in mercury.

Learn about other nutrition assistance programs:
<http://www.benefits.gov/>

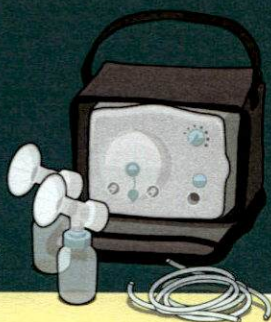
Based on the *Dietary Guidelines for Americans* and
<http://www.fns.usda.gov/wic/guidance>

Food and Nutrition Service
FNS-458
Revised December 2016
USDA is an equal opportunity provider and employer.



How to Keep Your Breast Pump Kit Clean

Providing breast milk is one of the best things you can do for your baby's health and development. Pumping your milk is one way to provide breast milk to your baby. Keeping the parts of your pump clean is critical, because germs can grow quickly in breast milk or breast milk residue that remains on pump parts. Following these steps can help prevent contamination and protect your baby from infection. If your baby was born prematurely or has other health concerns, your baby's health care providers may have more recommendations for pumping breast milk safely.



BEFORE EVERY USE

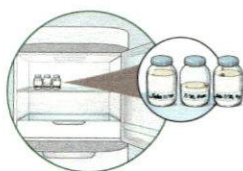


Wash hands with soap and water.

Inspect and assemble clean pump kit. If your tubing is moldy, discard and replace immediately.

Clean pump dials, power switch, and countertop with disinfectant wipes, especially if using a shared pump.

AFTER EVERY USE



Store milk safely. Cap milk collection bottle or seal milk collection bag, label with date and time, and immediately place in a refrigerator, freezer, or cooler bag with ice packs.

Clean pumping area, especially if using a shared pump. Clean the dials, power switch, and countertop with disinfectant wipes.

Take apart breast pump tubing and separate all parts that come in contact with breast/breast milk.

Rinse breast pump parts that come into contact with breast/breast milk by holding under running water to remove remaining milk. Do not place parts in sink to rinse.

Clean pump parts that come into contact with breast/breast milk as soon as possible after pumping. You can clean your pump parts **in a dishwasher** or **by hand** in a wash basin used only for cleaning the pump kit and infant feeding items.

Follow the cleaning steps given on the next page.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

Clean Pump Kit

CLEAN BY HAND



Place pump parts in a clean wash basin used only for infant feeding items. **Do not place pump parts directly in the sink!**

Add soap and hot water to basin.

Scrub items using a clean brush used only for infant feeding items.

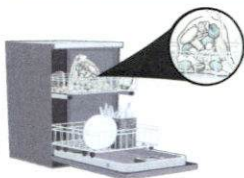
Rinse by holding items under running water, or by submerging in fresh water in a separate basin.

Air-dry thoroughly. Place pump parts, wash basin, and bottle brush on a clean, unused dish towel or paper towel in an area protected from dirt and dust. Do not use a dish towel to rub or pat items dry!

Clean wash basin and bottle brush. Rinse them well and allow them to air-dry after each use. Wash them by hand or in a dishwasher at least every few days.



OR CLEAN IN DISHWASHER



Clean pump parts in a dishwasher, if they are dishwasher-safe. Be sure to place small items into a closed-top basket or mesh laundry bag. Add soap and, if possible, **run the dishwasher using hot water and a heated drying cycle (or sanitizing setting).**

Remove from dishwasher with clean hands. If items are not completely dry, place items on a clean, unused dish towel or paper towel to air-dry thoroughly before storing. Do not use a dish towel to rub or pat items dry!

After Cleaning

FOR EXTRA PROTECTION, SANITIZE



For extra germ removal, sanitize pump parts, wash basin, and bottle brush **at least once daily** after they have been cleaned. Items can be sanitized using steam, boiling water, or a dishwasher with a sanitize setting. Sanitizing is especially important if your baby is less than 3 months old, was born prematurely, or has a weakened immune system due to illness or medical treatment.

For detailed instructions on sanitizing your pump parts, visit www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding.html

STORE SAFELY



Store dry items safely until needed. Ensure the clean pump parts, bottle brushes, and wash basins have air-dried thoroughly before storing. Items must be completely dry to help prevent germs and mold from growing. Store dry items in a clean, protected area.

Learn more about safe and healthy diapering and infant feeding habits at www.cdc.gov/healthywater/hygiene/healthychildcare.



STORAGE AND PREPARATION OF BREAST MILK

BEFORE EXPRESSING/PUMPING MILK

Wash your hands well with soap and water.



Inspect the pump kit and tubing to make sure it is clean.

Replace moldy tubing immediately.



Clean pump dials and countertop.



STORING EXPRESSED MILK



Use breast milk storage bags or clean food-grade containers with tight fitting lids.



Avoid plastics containing bisphenol A (BPA) (recycle symbol #7).

HUMAN MILK STORAGE GUIDELINES

| TYPE OF BREAST MILK | STORAGE LOCATIONS AND TEMPERATURES | | |
|---|---|-----------------------------|--|
| | 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 | | |

STORE

Label milk with the date it was expressed and the child's name if delivering to childcare.

Store milk in the back of the freezer or refrigerator, not the door.

Freeze milk in **small amounts of 2 to 4 ounces** to avoid wasting any.



When freezing leave an inch of space at the top of the container; breast milk expands as it freezes.

Milk can be stored in an insulated cooler bag with frozen ice packs for **up to 24 hours** when you are traveling.

If you don't plan to use freshly expressed milk **within 4 days**, freeze it right away.

THAW

Always thaw the oldest milk first.

Thaw milk under lukewarm running water, in a container of lukewarm water, or overnight in the refrigerator.

Never thaw or heat milk in a microwave. Microwaving destroys nutrients and creates hot spots, which can burn a baby's mouth.

Use milk **within 24 hours** of thawing in the refrigerator (*from the time it is completely thawed, not from the time when you took it out of the freezer*).

Use thawed milk **within 2 hours** of bringing to room temperature or warming.

Never refreeze thawed milk.



FEED

Milk can be **served cold, room temperature, or warm.**

To heat milk, place the sealed container into a bowl of warm water or hold under warm running water.

Do not heat milk directly on the stove or in the microwave.



Test the temperature before feeding it to your baby by putting a few drops on your wrist. It should feel warm, **not hot.**

Swirl the milk to mix the fat, which may have separated.

If your baby did not finish the bottle, leftover milk should be used **within 2 hours.**

CLEAN

Wash disassembled pump and feeding parts in a clean basin with soap and water. **Do not wash directly** in the sink because the germs in the sink could contaminate items.

Rinse thoroughly under running water. Air-dry items on a clean dishtowel or paper towel.

Using clean hands, store dry items in a clean, protected area.

For extra germ removal, sanitize feeding items daily using one of these methods:

- clean in the dishwasher using hot water and heated drying cycle (*or sanitize setting*).
- boil in water for 5 minutes (*after cleaning*).
- steam in a microwave or plug-in steam system according to the manufacturer's directions (*after cleaning*).



June 2019



Centers for Disease
Control and Prevention
National Center for Chronic
Disease Prevention and
Health Promotion

FOR MORE INFORMATION, VISIT:

<https://bit.ly/2dxVYLU>

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Expressing by Hand

Breastfeeding women have expressed milk by hand for generations. It may take a few sessions to learn, but once you know how, it gets easier and more productive.

When you remove milk from your breasts (either by breastfeeding or expressing), you are telling your body to make more milk. In the first few days after birth, you may express only a few drops. The amount will increase with practice and with time as your body produces more milk. Mothers who hand express in the first few days are shown to significantly increase their milk supply.

Why to hand express:

- To soften your breasts if they are too full for your baby to latch on
- To relieve painful engorgement
- To maintain or increase your milk production
- To collect milk if your baby is unable to breastfeed or if you are unavailable
- To remove milk when a breast pump is not available

How to Hand Express

There are many ways to hand express, and with time, you will find what works best for you. The steps below are one suggested way to hand express your milk. To capture your milk and store for later use, use a clean feeding bottle, wide-mouthed jar, or bowl.

Instructions:

1. Use moist heat, such as a basin of warm water, a warm washcloth, or a shower, to promote milk release (letdown). Another way to help with letdown is to gently massage your breasts in circles and toward your areola. (Figure 1)
2. Shape your hand in a "C". Place the thumb in the 12:00 position and the first two fingers in the 6:00 position about one to two inches behind your nipple. (Figure 2)
3. Press your fingers and thumb back against the chest wall, trying not to stretch the skin around the nipple and areola (the dark area around your nipple). (Figure 3)
4. Squeeze your breast gently by bringing your thumb and fingers together. Avoid pulling or sliding on the breast surface. (Figure 4)
5. Compress your breast several times in this position.
6. Rhythmically repeat compressions, moving your thumb and fingers all the way around the breast, including areas near your chest and armpits.
7. Repeat procedure with the other breast.
8. Stop when the milk slows down.

How to Express by Hand



Figure 1: Massage to let down



Figure 2: Position hand



Figure 3: Push back



Figure 4: Squeeze gently

breastfeeding

for **WORKING MOTHERS**
planning, preparing, & pumping

Parent Handout

Congratulations for continuing to breastfeed your baby when you return to work! Because of your dedication, you and your child will enjoy better health for years to come, and you will be able to cherish your special breastfeeding relationship for a longer time. No matter where you work, you can find a creative solution to successfully combine breastfeeding and employment.

planning during pregnancy

The following resources can help you plan ahead for your return to work:

- **National Conference of State Legislatures**, ncsl.org (search "breastfeeding laws"), provides a summary of breastfeeding laws in the United States.
- **U.S. Department of Health and Human Services**, ask.hrsa.gov (search "Employees' Guide to Breastfeeding"). Download a free copy of the *Employees' Guide to Breastfeeding and Working*, which is included in *The Business Case for Breastfeeding. Steps to Creating a Breastfeeding Friendly Worksite* kit contains helpful information about your return to work, including a sample form letter to help you start a conversation with your employer about your breastfeeding needs.

To Do List for Pregnancy:

- ✓ Think about which breastfeeding-friendly option would suit your situation (for example, taking an extended maternity leave, telecommuting, job-sharing or flexible hours, providing childcare at or near the work site, and allowing for two or three flexible break periods)
- ✓ Talk to employer about your needs
- ✓ Your health insurance plan must cover the cost of a breast pump. Check with your plan to determine which pumps are covered and the process to obtain one
- ✓ Research childcare providers who are experienced in caring for breastfed babies

planning at home for your return to work

Breastmilk Handling Guidelines for Caregivers:

- To thaw or warm breastmilk, hold the bottle under hot tap water or place the bottle in a bowl or pan of hot water (remove pan from burner first)
- Do not use a microwave or direct heat to warm breastmilk
- Once breastmilk is warmed, use it within 2 hours to avoid bacterial growth
- Discard any milk left in the bottle after the feeding
- Ask the caregiver to hold your baby during feedings (similar to breastfeeding)
- Pace feedings by withdrawing the nipple periodically

To Do List for Maternity Leave:

- ✓ Enjoy time with your newborn
- ✓ Rent or buy an appropriate breast pump (if you are in the WIC program, ask if they provide pumps for participants)
- ✓ Practice pumping and start storing your pumped milk
- ✓ Have a family member or familiar person practice bottle feeding your baby (at 4-6 weeks, once breastfeeding is well-established)
- ✓ Meet with your childcare provider to review breastmilk handling and using a feeding log, and see if they will allow you to leave your baby there for a trial run
- ✓ Arrange for your return date at work (return mid-week and ease back into your work schedule if you can)
- ✓ Arrange your pumping space at work (you might need access to an electrical outlet and sink, and find a private location possibly with a locking door)
- ✓ Meet with a lactation consultant if you have any questions about which pump to use or any other concerns

breastfeeding

for **WORKING MOTHERS**

planning, preparing, & pumping

Parent Handout (continued)

returning to work

Pumping Tips:

- Massage your breasts with clean hands right before pumping to help you relax and promote milk flow and/or look at photos of your baby
- Pump with a double electric breast pump for 10 to 15 minutes at each pumping session (if you use a battery-operated pump, manual pump, or hand expression you will need to plan for a longer pumping session)
- For convenience, you can try using a hands-free pump or wearing a bra that holds the pump in place while you pump
- Use a high pumping speed until your milk lets down; as soon as your milk lets down, reduce the pump speed for the rest of the session (some pumps are designed to do this automatically and have a button that you push when your milk lets down)
- Pump at the maximum vacuum level that is comfortable for you
- Label each breastmilk storage bag or bottle with the date you expressed the milk so your caregiver uses the oldest milk first
- Store milk in 2, 4, and 6 oz quantities (a baby usually eats 3-5 oz/feeding)

To Do List for Work Days:

- ✓ Breastfeed in the morning before leaving your home and/or at the childcare provider's place
- ✓ Pack items you will need for the day, including a cooler bag, ice packs, bottles and/or bags, breast pump and accessories, breast pads, and clothes that hide leakage
- ✓ Pump during the work day to match your baby's feeding schedule (example every 2-3 hours)
- ✓ Keep your milk cool (in a refrigerator or cooler) during your work day and trip home
- ✓ Breastfeed as soon as you can after work

breastmilk storage guidelines

Storage guidelines vary, so ask your lactation consultant if you have any questions about how to store your milk. Ranges are given to account for variation in appliance temperature, the climate where you live, and the number of times the refrigerator door is opened and closed.

| | Freshly Expressed Breastmilk | Thawed Breastmilk |
|---|------------------------------|---------------------------------|
| Room Temperature | 4 hours | Do not keep at room temperature |
| Cooler Bag (with frozen gel packs) | 24 hours | Do not store in a cooler |
| Refrigerator | 5 - 7 days | 24 hours |
| Freezer (self-contained inside refrigerator) | 3 - 6 months | Do not refreeze |
| Deep Freezer | 6 - 12 months | Do not refreeze |

- * Always store milk in the middle of refrigerator or freezer, not on the door
- * If your temperature is set to -4 °F in any sort of freezer, it can stay there for up to 12 months