

Breast Milk Storage

Before expressing, pumping or handling breast milk:

- Wash your hands well with soap and water. If soap and water are not available, use hand sanitizer.
- If using a pump, inspect the pump kit and tubing to make sure it is clean. Discard and replace moldy tubing .

Storing breast milk after expressing:

- Use breast milk storage bags or clean, food-grade containers to store expressed breast milk.
- Make sure the containers are made of glass or plastic and have tight fitting lids.
- Avoid bottles with the recycle symbol number 7, which indicates that it may be made of a BPA-containing plastic.
- Never store breast milk in disposable bottle liners or plastic bags that are not intended for storing breast milk.

Storage tips:

- Clearly label the breast milk with the date it was expressed.
- Do not store breast milk in the door of the refrigerator or freezer.
- If you don't think you will use freshly expressed breast milk within 4 days, freeze it right away.

When freezing breast milk:

- Store small amounts to avoid wasting milk that might not be finished. Store in 2 to 4 ounces.
- Leave about one inch of space at the top of the container because breast milk expands as it freezes.
- Breast milk can be stored in an insulated cooler with frozen ice packs for up to 24 hours when you are traveling.
- At your destination, use the milk right away, store it in the refrigerator, or freeze it.

Safe Thawing of Breast Milk:

- Always thaw the oldest breast milk first. Remember first in, first out. Over time, the quality decreases.

There are several ways to thaw your breast milk:

- In the refrigerator overnight.
- Set in a container of warm or lukewarm water.
- Under lukewarm running water.
- Never thaw or heat breast milk in a microwave.
 - Microwaving can destroy nutrients in breast milk and create hot spots, which can burn a baby's mouth.
- If you thaw breast milk in the refrigerator, use it within 24 hours.
 - Start counting the 24 hours when the breast milk is completely thawed, not from when you took it out.
- Once breast milk is brought to room temperature or warmed, use it within 2 hours.
- Never refreeze breast milk after it has thawed.

Feeding Expressed Breast Milk:

- Breast milk does not need to be warmed. It can be served room temperature or cold.

If you decide to warm the breast milk, here are some tips:

- Keep the container sealed and set in a bowl of lukewarm water or under lukewarm running water.
- Test the milk's temperature before feeding it to your baby by putting a few drops on your wrist.
- Do not heat breast milk directly on the stove or in the microwave.
- Swirl the breast milk to mix the fat, which may have separated.
- If your baby did not finish the bottle, use the leftover milk within 2 hours after the baby is finished feeding.
- After 2 hours, leftover breast milk should be discarded.

Safe Cleaning of Infant Feeding Items and Pumping Equipment:

- Sanitize breast pump kits.
- Carefully clean, sanitize, and store all feeding equipment to protect your breast milk from contamination.
- See CDC guidance on how to safely clean and store pump equipment and infant feeding items.

Charts!

Milk Storage	Countertop	Refrigerator	Freezer
Storage Temperature	77° F or Colder	40° F or Colder	0° F or Colder
Fresh Human Milk	Up to 4 Hours	Up to 4 Days	Best in 6 months, 12 months is ok
Thawed Human Milk	1-2 Hours	Up to 24 Hours	Never Refreeze
Formula Consume within 1 hour after first sip	4 Hours	Up to 24 Hours	Never Freeze

Growth Standards for Boys

AGE	LENGTH	WEIGHT	HEAD CIR.
1 month	21.5 inches	9.9 pounds	14.6 inches
2 months	22.9 inches	12.3 pounds	15.4 inches
4 months	25.2 inches	15.4 pounds	16.3 inches
6 months	26.6 inches	17.6 pounds	17.0 inches

Growth Standards for Girls

AGE	LENGTH	WEIGHT	HEAD CIR.
1 month	21.1 inches	9.4 pounds	14.4 inches
2 months	22.4 inches	11.3 pounds	15.0 inches
4 months	24.4 inches	14.0 pounds	15.9 inches
6 months	25.8 inches	16.1 pounds	16.5 inches