

3 TIPS

FOR THE CAREGIVER OF THE BREASTFED CHILD

1



BREAST MILK IS NOT A BIOHAZARD

Human milk is food.

The Centers for Disease Control and Prevention (CDC) and Occupational Safety and Health Administration (OSHA) do not classify human milk as a biohazard.

In places of work or child care settings, breast milk can be stored in a shared company refrigerator.

Source: womenshealth.gov



LEARN MORE

www.breastfeedla.org

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BREAST MILK IS STABLE AND EASILY STORED

BREAST MILK STORAGE GUIDELINES

Location of storage	Temperature	Max. recommended storage duration
Room Temp.	16–29°C (60–85°F)	4 hours optimal
		6–8 hours acceptable under very clean conditions
Refrigerator	4°C (39.2°F)	4 days optimal
		5–8 days under very clean conditions
Freezer	0°F (–18°C)	6 months optimal
		12 months acceptable

Source: ABM Protocol

Adapted from Michigan Breastfeeding Network

3



PACED BOTTLE FEEDING MIMICS BREASTFEEDING & SUPPORTS HEALTHY DEVELOPMENT

Babies should be bottle-fed:

- When they're hungry, not on a schedule
- Held and sitting up
- Gently, allowing the infant to draw nipple into mouth
- With bottle held horizontally
- Consistent with a breastfed rhythm with frequent pauses
- Switching from one side to the other side midway through a feed
- Letting baby control the flow, usually taking around 10-20 minutes

Source: Kellymom.com