

# CHILD CARE TIPS

Child Care Health Consultation



## Breastmilk Storage, Handling, and Use

### Storage and Handling

- Expressed breastmilk (in ready to feed amounts) is in a clean and sanitary bottle or cup.
- The container is labeled with the infant's full name and the date and time the milk was expressed.
- Milk Storage best practice\*\*:
  - Fresh milk no more than 4 days
  - Frozen milk no more than 6 months
  - Frozen milk no more than 24 hours since being thawed
  - Do not re-freeze thawed milk
- Keep breastmilk cool while transporting and refrigerate immediately upon arrival.
- Bring an extra feeding daily.
- Expressed breast milk that is in an unsanitary bottle, is curdled, smells rotten, and/or has not been properly stored will be shown to the parent and then discarded.
- Once breastmilk has been removed from the refrigerator, heated, or offered to the infant, it cannot be saved for future feedings and must be discarded.\*
- Return refrigerated, unheated breast milk containers to the mother at the end of the day.

### Preparing Breastmilk for Feeding:

- Although human milk is a body fluid, it is not necessary to wear gloves when feeding or handling human milk.
- Wash hands.
- Check that bottle has the name of the child you will feed.
- If needed, quickly defrost breastmilk by placing in a container of cool water.
- If child prefers milk warm, heat briefly in bottle warmer, under warm running water, or a crockpot. **DO NOT USE A MICROWAVE.\***
- After warming bottle, test temperature of the milk before feeding (not to exceed 98.6°F).
- Mix gently (do not shake) so that breastmilk isn't damaged.
- Once removed from the refrigerator and/or heated, a bottle must be consumed within one hour or the contents thrown away.\*



\* Per Kentucky Administrative Regulation 922 KAR 2:120.

\*\* [Academy of Breastfeeding Medicine, Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants](https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/8-human-milk-storage-protocol-english.pdf), Revised 2017, <https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/8-human-milk-storage-protocol-english.pdf>.