At our child care center, we want to do everything possible to support you as you continue to breastfeed your baby.

Here are a few suggestions:

- **Make sure that all milk you bring to the child care center is properly labeled** with your child’s name and the date you expressed the milk.

- **If possible, visit our center during the day to breastfeed your baby.** This will mean less time needed to express your milk and more time spent with your baby.

- **Let us know if your pick-up time is going to be different than usual.** Together, we can adjust your baby’s feeding schedule.

- **When you arrive at the center to pick up your baby, allow some time to sit and feed your baby** before you leave.

- **Avoid introducing formula.** Feeding formula may reduce your milk supply.

- **When you are with your baby, nurse frequently** and in response to your baby’s cues. It is best not to stick to a strict feeding schedule.

- **If you are having trouble with breastfeeding or making enough milk, help is available.** Our child care center has a list of community resources that we can share with you.
Containers

• Human milk can be safely stored in glass, hard plastic bottles, or storage bags specifically designed for storing human milk. Choose containers that do not have BPA.

• When storing milk in bottles, wash bottles in hot soapy water and rinse. Sterilization is not needed.

• Milk will expand when it is frozen, so leave room at the top of the bottle if you plan to freeze the milk.

• Put only 3-4 ounces of milk into each container, or the amount your baby eats at a single feeding.

Labeling

• Use a permanent marker or other labeling that will not rinse off when wet.

• Label each container with the date you expressed the milk.

• Label each container with your child’s name.

Storage at home

• If you are planning to use the milk within 5 days, you can store in the refrigerator.

• Frozen milk can be stored for 6 months in the freezer.

• For detailed milk storage guidelines – http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

How much milk should I send?

• Infants over 6 weeks old usually eat 3-4 ounces every 3 hours. You will learn how much your baby needs each day.

• It is best to send the fresh milk you expressed during the last time you were away from your baby.