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 4 days, you can store in the refrigerator.
- Frozen milk can be stored up to 12 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.