

STORE AND HANDLE BREAST MILK SAFELY

★ SAFE STORAGE OF BREAST MILK

- Refrigerate or freeze bottles of breast milk brought from home immediately
- Assure all bottles of breast milk are clearly labeled with baby's name and current date
- Store bottle of breast milk no longer than 2 weeks in the freezer and no more than 12 hours in the refrigerator
- Do not place bottles in the door compartment of the freezer or refrigerator



★ SAFE HANDLING OF BREAST MILK

- Plan ahead – Thaw frozen breast milk in the refrigerator a day before serving then hold under warm running water or in a water bath at 120 F for less than 5 minutes
- Never warm a bottle in the microwave. It heats the bottle unevenly creating hotspots
- Discard leftover contents of any bottle not consumed within one hour
- Don't return used bottles to the refrigerator

WHY IS BREASTFEEDING GOOD FOR BABIES AND MOMS?

- Helps protect babies from ear infections
- May help prevent food allergies
- Breast milk is easy to digest
- Breastfeeding for 6 months or more contributes to a healthy childhood weight
- Helps get mom's body back in shape
- Saves money
- Is most convenient and ready to eat
- Breastfeeding creates a strong attachment
- May help reduce the risk of type 2 diabetes for mom

RESOURCES:

- *Within Reach* – Breastfeeding Coalition of Washington: [Guide to Working and Breastfeeding, www.breastfeeding.wa.gov](http://www.breastfeeding.wa.gov)
- Find a lactation consultant – www.ilca.org
- *Family Health Hotline* – Breastfeeding support, www.ParentHelp123.org

CONTACT

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WE WELCOME BREASTFED BABIES - CARING FOR BREASTFED BABIES IN CHILD CARE

SIMPLE, PRACTICAL WAYS TO MAKE YOUR CHILD CARE BREASTFEEDING FRIENDLY



PROVIDE A WELCOMING PLACE TO BREASTFEED

- Provide a private place for pumping
- Provide a relaxing and comfortable place for nursing – rocking chair, nursing pillow, or pillow against the wall, clean blankets

DEVELOP A TRUSTING RELATIONSHIP WITH MOM

★ ASSIST WITH THE "HOME TO CHILD CARE" TRANSITION

- Encourage visits to the child care before baby's first day
- Greet mom and baby soon after arrival
- Smile! Find ways to keep mom relaxed

★ COMMUNICATE OFTEN WITH MOM

- Send a photo of the baby taking the bottle
- Choose a quiet time to inform mom that baby needs more bottles of breast milk and discuss your observations

★ COMMEND MOMS FOR CONTINUING TO NURSE AFTER RETURNING TO SCHOOL AND WORK

- Empathize with the challenges
- Offer help and resources

ENSURE STAFF RECEIVES ADEQUATE AND APPROPRIATE TRAINING THAT SUPPORTS BREASTFEEDING MOTHERS AND BABIES

★ CHILD CARE PROVIDERS SHOULD:

- Understand the benefits of breastfeeding and be able to share them with parents
- Promote breastfeeding and talk about ways that the child care accommodates breastfed infants
- Safely handle breast milk brought into the child care
- Make appropriate local references to parents in need of breastfeeding support
- Have a written policy that includes the elements in this brochure

CREATE A POSITIVE FEEDING ENVIRONMENT

★ DISCUSS A FEEDING PLAN WITH PARENTS

- Inquire about the parent's wishes for feeding. Emphasize that your child care providers are trained at reading and responding to baby's feeding cues
- Suggest that mom pumps small quantities in more bottles to minimize waste
- Keep written records of baby's feeding pattern
- Report positive changes and developmental milestones
- Troubleshoot challenges together

RECOGNIZE AND RESPOND APPROPRIATELY TO INFANT FEEDING CUES

- Respond quickly to feeding cues
- Know what the baby does when hungry
- Allow time for baby to engage, smile, get a break, look around and explore
- Know when the baby is done with feeding
- Respond quickly when the baby signals the feeding is over



The American Academy of Pediatrics recommends that infants be breastfed exclusively for the first 6 months of life and that breastfeeding should continue through the first year of life.