

# Breastfeeding and Child Care: What Moms Can Do

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*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.

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In Collaboration With:

NC Child Care Health and Safety Resource Center  
NC Infant Toddler Enhancement Project  
Shape NC: Healthy Starts for Young Children  
NC Department of Health and Human Services  
Wake County Human Services and  
Wake County Smart Start

# Bringing Milk to the Child Care Center

## 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](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.