

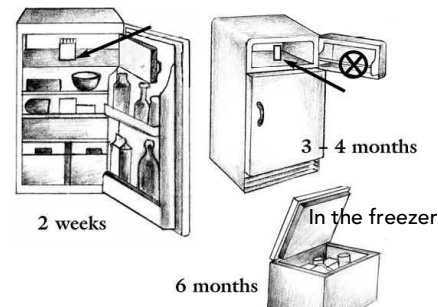
## Storing Breastmilk for Healthy, Full-Term Infants

- Wash all containers in hot, soapy water and rinse well.
- Label with month, day, time and use in the order expressed.
- Store 2-4 oz at a time to reduce waste.
- Cool fresh milk in fridge before adding to already frozen milk.
- Use glass or hard plastic containers. (avoid #7 BPA)
- Leave 1 inch of space at the top of container to allow milk to expand when freezing.
- Thaw frozen milk in fridge overnight or run under cool and then warm running water.
- DO NOT MICROWAVE breastmilk.
- Shake breastmilk gently to mix layers of milk and cream and test temperature before feeding baby.
- Breastmilk can appear bluish, yellowish or brownish.
- Milk is not spoiled unless it smells sour or tastes bad.
- DO NOT refreeze thawed breastmilk; and throw out leftover milk after a feeding.
- Keep breastmilk cold with an ice pack or a cooler when travelling.

## Storage Guidelines for Freshly Expressed Breastmilk

Room Temperature	3-4 hours
Cooler with a freezer pack	24 hours
Refrigerator	3 days
Home Freezer (1 door fridge)	2 weeks
Home Freezer (2 door fridge)	3-6 months
Deep Freezer	6-12 months

(LaLeche League International, 2009; CDC, 2010) Academy of Breastfeeding Medicine, 2010)



Health Canada recommends exclusive breastfeeding for 6 months with continued breastfeeding up to 2 years and beyond.

## Other Tips

- Start freezing milk a few weeks before you are going to be away from your baby.
- Know that the amount of breastmilk expressed will not always be the same.
- Know that the amount of milk your baby needs will determine how much you need to pump.
- Tell your baby's caregiver how to store and prepare breastmilk.
- Feed your baby by a dropper, spoon, or cup to avoid nipple confusion in the early weeks.
- Wear clothes that make it easier to pump breastmilk (2 piece outfits, blouses and dresses with zippers or buttons up the front.)
- Wash breasts with warm water because soap will remove protective oils.
- Control leaky breasts by crossing arms to apply gentle pressure on nipples, wearing washable or disposable nursing pads, wearing print blouses or an extra jacket and expressing breastmilk more often.
- If you are weaning, stop breastfeeding and expressing gradually so that your breasts do not become full and uncomfortable.

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## Expressing And Storing Breastmilk



A GUIDE FOR MOTHERS

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## Express Breastmilk

- If your breasts are too full.
- For a baby who is not able to breastfeed.
- To keep up your milk supply if you can't breastfeed.
- To collect milk when you're away from your baby.
- If you need to increase your milk supply

### TO BEGIN...



- Find a comfortable, private place.
- It may help to look at a baby photo or think about your baby.
- Wash hands with soap and water.
- Have a clean container to collect the milk.
- Start the milk flowing (the "let down") by massaging downward toward the nipples using your palms or finger tips in a circular motion.
- Warm cloths or a shower help the milk to flow.
- In the morning may be better for many mothers because there is more milk.
- Try after a feeding when the milk has already begun to flow.

## Hand Expression

- Cup the breast with the thumb above the nipple and the fingers below (about one inch from the base of the nipple.)
- Press fingers and thumb together and in toward the chest.
- Repeat, moving the hand around the breast until it feels soft.
- Change sides as milk flow lessens, then repeat on each breast.

### Note:

Try not to get frustrated, each person will have their own hand position and pressure.

Increasing the number of pumping sessions is better than increasing the length of the sessions.



## Breast Pumps

- Follow instructions for safe pumping and cleaning.
- Pumping should not hurt.
- Switch sides as milk flow lessens, then repeat on each breast.
- Repeat massage as needed

Pump      Advantages      Disadvantages

Manual Pump	Portable. Least expensive. Easily cleaned. For occasional pumping.	Avoid bulb pump. Most require both hands to use.
Small electric/battery	Portable. Efficient. One-handed.	More expensive. Costly battery.
Large electric (rental)	Most efficient. Double pumping option. Better for long term pumping.	Expensive. Less portable.

Stop pumping if it is painful and seek help!

### If you have questions about breastfeeding contact these community resources:

Thunder Bay District Health Unit 625-5972  
 La Leche League 346-8477  
 Health Unit Breastfeeding Clinic 625-5916  
 Maternity Centre Support Services 684-6228  
 Breastfeeding Connection - in the district only  
 24 hour referral line 211  
 Toll free 1-877-586-5638

Drawings courtesy of South LA Health Projects, LA Biomedical Institute at Harbor-UCLA Medical Center