

Toronto Doula Group

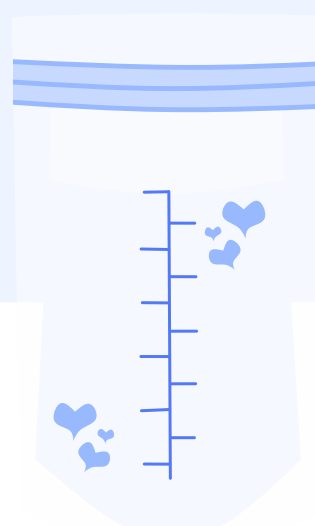
Storing Breastmilk



The Basics

- Pumped milk should be used within 2 hours of the start of a feed
- Discard any left over milk when baby is finished feeding
- Baby will eat between 2 to 4 oz per feeding. It's easier to add to a bottle than throw it away if unused.
- Store milk in small batches to avoid waste
- Chill milk before adding to a previously pumped and chilled milk

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Rule Of 3/3/3 for storing breastmilk

- 3 hours at room temp (should be chilled immediately if possible)
- 3 days in the fridge (in the back, not the door)
- 3 months in the back of the freezer
- A year in a deep freezer that is not opened often

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How to prepare breastmilk before a feed

- To warm breastmilk from the fridge, swirl bottle under hot running water or place bottle in a warm water bowl.
- You can also warm with an electric bottle warmer
- Never use a microwave to warm breastmilk or formula. This can damage the live properties in the milk and can cause dangerous scalding hot pockets in the milk or formula

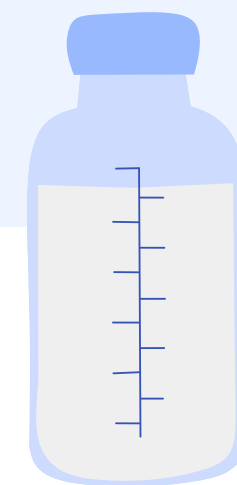
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How to prepare breastmilk before a feed continued

- To thaw breastmilk from the freezer, put the bottle or bag in the fridge overnight, hold it under warm running water or set it in a container of warm water
- Once breastmilk is thawed, it can be stored in the fridge and must be used within 24 hours.

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Tips & Tricks

- The frozen milk will separate as it thaws. Cream on top and skim on the bottom.
- Once thawed and warmed, swirl the bottle to blend the separated milk
- Shaking the milk could make it lumpy and kind of gross.
- Label the storage container with the date and time of day that it was pumped
- Use oldest milk first

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