

How do I store my milk?

- Put your breastmilk in clean bottles or breastmilk storage bags.
- Store about 2-5 ounces of breastmilk per bottle or bag for the first six months.
- Once your baby starts solid foods the amount that you will need to store for your baby may decrease.
- Label containers with the date pumped and the baby's name.
- Use the oldest milk first.

- At work, store breastmilk in a cooler with ice packs or in the company refrigerator.

- If your stored breastmilk smells sour, throw it out.

- Thaw breastmilk under running water that is gradually warmed, or in a cup or bowl of warm water.



Never microwave breastmilk.

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Breastmilk Storage Guidelines

Location	Use Within	Temperature
Countertop	4 hours	Up to 77°F (25°C). Keep containers covered to keep as cool as possible.
Insulated cooler bag	24 hours	Keep ice packs in contact with milk containers. Limit opening the cooler bag.
Refrigerator	4 days*	At or below 40°F (4 C)
Freezer section in fridge	2 weeks	At or below 5°F (-15 C)
Freezer with separate door	6 months	0°F (-18 C)
Deep freezer	12 months	At or below -4°F (-18 C)

* Use frozen breastmilk within 24 hours of thawing.



For breastfeeding help and information visit Breastmilkcounts.com

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How do I keep up a good milk supply?

- Breastfeeding your baby is the best way to make more milk. The more often you breastfeed, the more milk you will make. Nurse often when you and your baby are together.
- Be sure to pump your milk at work as often as you would nurse your baby at home.
- Massage your breasts while pumping. This can increase your milk supply as well as the calorie content of your milk.
- Take good care of your breast pump. Read the pump instructions or watch the video so you know when to replace the valve or if you need to use a larger breast flange. Both of these things can affect your milk supply.
- Some moms will take breastmilk vacations. This means taking a day or two off work so you can be together with your baby and breastfeed often for a few days in a row. This is a great way to increase milk supply.



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0 - 6 Months Sample Pumping Schedule

Before Work 7 a.m.	Break 10 a.m.	Lunch 12:30 p.m.	Break 3 p.m.	After Work 5:30 p.m.
Breastfeed	Pump	Pump	Pump	Breastfeed

0 - 6 Months Sample Pumping Schedule

Before Work 7 a.m.	Break 10 a.m.	Lunch 12:30 p.m.	Break 3 p.m.	After Work 5:30 p.m.
Breastfeed	Pump	Pump	Pump	Breastfeed

6 - 12 Months Sample Pumping Schedule

Before Work 7 a.m.	Lunch 11 a.m.	Break 3 p.m.	After Work 5:30 p.m.
Breastfeed	Pump	Pump	Breastfeed

6 - 12 Months Sample Pumping Schedule

Before Work 7 a.m.	Lunch 11 a.m.	Break 3 p.m.	After Work 5:30 p.m.
Breastfeed	Pump	Pump	Breastfeed