



Your Milk: KEEPING IT AND YOUR BABY SAFE

* BOTTLE SAFETY

Always wash your hands before preparing a bottle for your baby.

Before First Use:

Sterilize bottles and nipples by placing them in rapidly boiling water for 5 minutes.

After Each Use:

Wash bottles in hot soapy water or wash using the top rack of a dishwasher.



SAFE HANDLING OF YOUR MILK:

- 1 Keep it clean**
 - Make sure your hands and pump parts (if using a pump) are clean before expressing milk.
 - Check the pump tubing for any moisture, as this may mean you need to use a different pump and/or pump kit.
 - Ask your WIC office if you have questions about how to keep your pump clean.
- 2 Store it safely**
 - You can store your milk in plastic milk storage bags, and plastic or glass containers.
 - Write the date your milk is expressed on the storage container.
 - Store your milk on the inside shelves of the refrigerator and freezer.

Store only the amount that your baby needs for 1 serving in each bottle, just a few ounces. That way, if they do not finish the bottle, you will not need to throw away a large amount of milk.



Do not store your milk in the refrigerator door to avoid temperature changes.



Make sure your milk containers are not filled up to the top, as milk expands when it freezes.

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LESSON:
RETURNING TO
WORK OR SCHOOL

HOW TO STORE YOUR MILK SAFELY

	ROOM TEMPERATURE 77° or colder	REFRIGERATOR 40° or colder	FREEZER WITH SEPARATE DOOR 0° or colder
Freshly expressed or pumped human milk	Up to 4 hours	Up to 4 days	Within 6 months is best, up to 12 months is acceptable
Thawed human milk (previously frozen)	1-2 hours	Up to 1 day	Never refreeze your milk after it has been thawed

Take This Lesson For Great Tips On:

- Pumping at work.
- Preparing to be away from your baby.
- Knowing your rights.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Pregnancy And Baby's First 6 Months**
- Choose the lesson: **Returning To Work Or School**

HOW TO THAW MILK SAFELY:

- » In the refrigerator overnight.
- » In a bowl of warm water, or under warm, running water.
- » Use the oldest milk first so your precious expressed milk does not go bad!

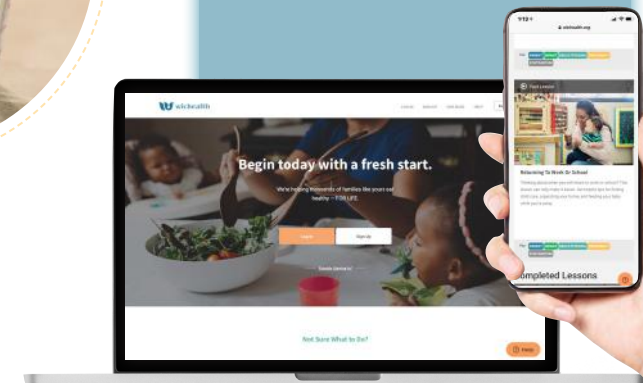
CAUTION!

Never microwave your baby's bottle. This can create hot spots throughout the milk that can burn their mouth. Heating human milk on the stove can also make milk too hot and should not be used as a method for thawing.



FEED YOUR BABY!

You can feed your baby your milk warm, at room temperature, or cold. Your milk may look watery, have layers, or be different colors. Human milk looks very different from formula. And, it does not blend together the way formula does. Gently swirl your milk if you notice that fat particles have separated from the rest of the milk.



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