

# Feeding Tips for Breastfed Babies in Child Care Facilities



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## Handling Breast Milk

- Store milk in small amounts (1–4 ounces) in back of refrigerator or freezer, labeled with baby's name and date collected
- Thaw milk in refrigerator or in a bowl of warm water
- Warm milk by using warm—not hot—water (never microwave)
- Breast milk may separate; swirl gently to mix (never shake)
- Use oldest milk first; never refreeze thawed milk
- Breast milk is food. No special precautions are needed.

**Breast Milk Freezer Storage**

- Freezer inside refrigerator: 5° F for 2 weeks
- Freezer with separate door: 0° F for 3–6 months
- Deep Freezer: -4° F for 6–12 months

**Breast Milk Refrigerator Storage**

- Refrigerator, thawed milk: 32–39° F for 24 hours
- Refrigerator, fresh milk: 32–39° F for 48 hours

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## Feeding the Breastfed Baby

- Breast milk is easily digested, so babies may eat more often (every 1.5–3 hours)
- Feed small amounts of milk, adding more as needed
- Watch for hunger cues: turning head from side to side, sucking, hand movements toward face, smacking lips
- Crying is a late hunger cue
- Milk remaining in the bottle must be discarded (or returned home) within one hour after serving the infant
- Feed slowly with frequent pauses
- Slow flow nipples are recommended
- Never put solid food (cereal) in a bottle

Sources: Florida Administrative Code, Child Care Standards, 2013, and the Academy of Breastfeeding Medicine, 2010