



STORING YOUR BREAST MILK



clean and dry
equipment prior to use



Ensure you have
storage containers you
can write on (bags or
bottles) and write date
and time of pumping
and keep these cool



If adding fresh milk to
stored milk, chill fresh
milk to stored milk
temperature, add the
milk and use within the
timeframe
recommended for the
milk pumped earliest.
Do not mix with
formula.



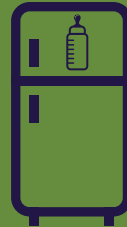
It is normal for milk to
look different at
different times, to be
greenish, yellowish or
reddish at times or to
be watery or thick



Breast milk is safe at
room temperature
(up to 26 degrees)
for for four hours



Milk is safe in the
fridge (best close to
the back of the
fridge) for 2 days



Milk is safe in the
freezer compartment
of a fridge/freezer for
up to 6 months



Milk is safe in a
chest freezer for up
to a year

USING FROZEN BREAST MILK



Thaw the milk in the
fridge first



Warm the milk in the
container within
another container
(cup or bowl) of hot
water



Mix the milk well and
check temperature
on your wrist before
giving it to baby via a
spoon, cup or bottle



Feed the milk to the
baby whilst holding
them close and
responding to their
cues

