



# Preparation of Expressed Breast Milk

- 1.** Thaw frozen breastmilk by putting the storage bag in a container of cool water, or placing in the fridge until defrosted
- 2.** To warm defrosted milk, place in a container of luke warm water
- 3.** Test the milk by splashing on your wrist. It's ideal temperature is body temperature, or luke warm
- 4.** Give it a swirl to ensure that any separated parts are mixed
- 5.** Feed to pēpi with desired method (cup, syringe, bottle, tube)

