

Breastmilk

LOCATION

TEMPERATURE

DURATION

Countertop, table

Room Temperature
(up to 77° F)

6-8 hours

Insulated cooler

5-39° F
Use ice packs

24 hours

Refrigerator

39° F

5 days

FREEZER

Freezer compartment
of a refrigerator

5° F

2 weeks

Freezer compartment of
refrigerator with separate door

0° F

3-6 weeks

Chest or
upright deep freezer

-4° F

6-12 months

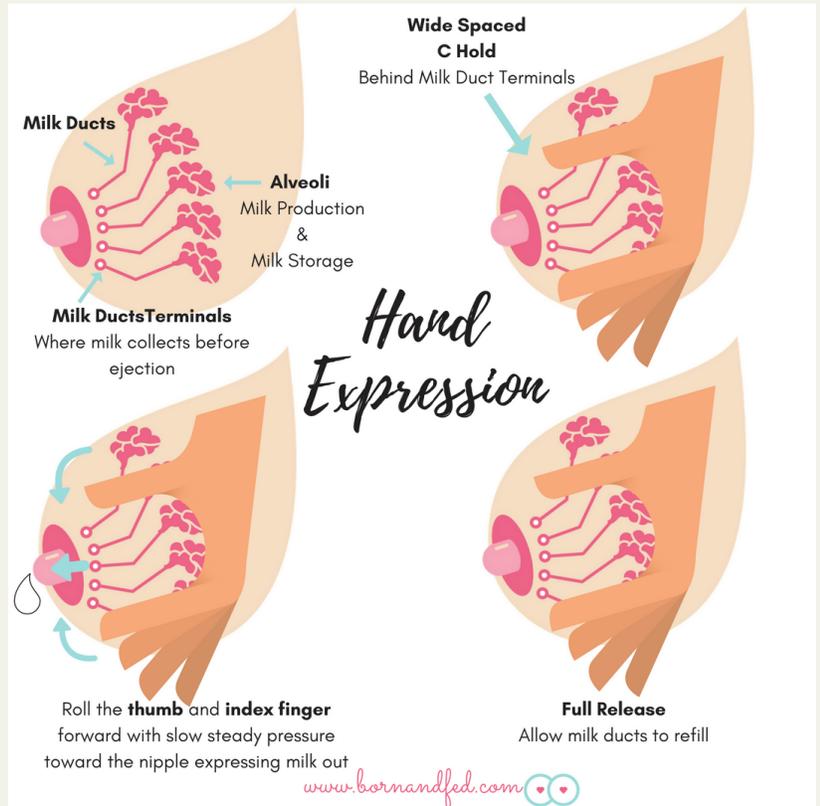
- Store milk in the back of the main body of the refrigerator
- Store milk toward the back of the freezer where temperature is most constant.
- Do not refreeze breastmilk
- Thaw frozen breastmilk by transferring it to the refrigerator or by swirling it in a bowl of warm water
- Avoid using a microwave to heat breastmilk



EXPRESSION AND STORAGE OF *Breastmilk*



- Wait until a good latch and good supply of milk has been established before starting to pump milk. (about 4 weeks)
- Pump on a schedule to train your body to know to make enough milk and have let-downs at those times of day.
- Having a good pump and knowing how to use it is important. Having the right size of flanges will maximize comfort and output. In Kitsap County, Nurturing Expressions in Poulsbo can help you buy a pump and teach you how to use it.
- Many people have great success with manual pumps. They are easy to use, inexpensive, and can be found at many stores like Target.
- Hand expression has been shown to be more efficient at expressing colostrum.



Want to catch that dripping milk on the other side? Check out a HaaKaa! (They can be found at Target)

<https://bornandfed.com/pump-more-milk/>

<http://breastfeedingtoday-llli.org/pumping-tips/>

<https://kellymom.com/bf/pumpingmoms/pumping/hand-expression/>

Try looking at a photo or video to help encourage your milk to let down. Pumping sessions should ooze relaxation.

10 a.m. is a good time of day to pump as you have higher prolactin levels and milk supply

Don't replace nursing sessions with pumping. Add pumping sessions to your day unless you are away from your baby.

