



Bottle-Feeding a Breastfed Baby: Ideas for Day Care and Others

- Human milk is safe and sturdy. Don't feel you need to take special precautions with it.
- Feed the baby when he shows hunger cues, not on a schedule.
- Hold the baby snugly. Keep him fairly upright to give him control.
- Hold bottle almost vertically against his lips at the start, as you would hold your finger to say "Shh." When he reaches with his lips, tip the bottle horizontally into his opening mouth. Let him draw it in himself, so his lips close on the fat part of the bottle nipple, *not* just the skinny part.
- Keep him fairly upright, so that the bottle is nearly horizontal when it's in his mouth. The milk won't pour into him automatically, and he'll have much more control. You may hear him sucking some air, but it will just come out his nose.
- If he gets tense or gulps, tilt baby and bottle slightly forward so the milk drains away. He will soon learn to pause on his own.
- Let him pause and take breaks when he wants to.
- When you think he is *nearly* full, twist and remove the bottle. Immediately offer the bottle again to see if he wants more. If he takes it, offer another ten sucks or so, remove, and offer again. Finally he'll just keep his lips closed. This reduces the risk of overfeeding. If he routinely doesn't finish the bottle, put less in it.
- If there's milk left over, don't throw it out! It will keep just fine in the refrigerator until the next feeding.
- If his mother is coming soon, try to distract him, or give him just a small amount. She'll be ready to nurse, and she'll want him to be ready, too.



Safe Handling and Storage of Your Milk

Expressing your milk

- Wash your hands before expressing or handling your milk.
- Any clean container works. To avoid known toxins, use glass or look for the number 5 recycling symbol and/or the letters PP on the bottom of the container.
- Put date and name on the bag or bottle *before filling*.

Storing your milk

- Refrigerate or chill your milk right after expressing if it won't be used in the next few hours.
- If milk separates, swirl (don't shake) to redistribute cream before feeding.
- Combine several pumpings in one container by adding cold to cold.
- Milk expands as it freezes, so leave space at the top if you plan to freeze.
- Fill each container with only 2 ounces (60 ml) to minimize waste.
- Unneeded milk can be frozen for use later as needed.
- Store in the back of the freezer away from sides, where temperature is most steady.
- If storing milk in bags, double-bag them or store in sealed container to avoid freezer burn.
- Horizontal bags may save space.
- Use the oldest frozen milk first to keep it from getting too old.

Thawing your milk

- Thaw frozen milk in refrigerator or a bowl of warm water or under warm faucet.
- Don't heat the milk directly on the stove, don't use a microwave.
- Some babies are happy to drink cold milk.
- Thawed can be refrigerated for up to twenty-four hours. Then use, refreeze, or discard.