

BREASTFEEDING INFORMATION PAGE

DID YOU KNOW?

BREASTFED BABIES TYPICALLY FEED MORE OFTEN THAN FORMULA-FED BABIES AS BREAST MILK IS DIGESTED QUICKER AND MORE COMPLETELY. PARENTS MUST BE KEPT INFORMED WHENEVER THE BABY TAKES MORE BREAST MILK OR FORMULA THAN EXPECTED. THE BABY MAY BE EXPERIENCING A GROWTH SPURT AND ADDITIONAL MILK IS REQUIRED.

Due to differences in preparation and storage requirements, formula and breast milk must not be mixed.



Parents are required to label their child's bottle daily with corresponding tape and a formula OR breastmilk label. Date/time prepared by parent, child's name and today's date must be completed. Date/time expressed and thawed (if previously frozen) must be completed for breast milk labels. Staff annotate time removed from refrigerator.



Breast milk that has been expressed but has not been consumed (baby has not sucked from bottle) can be held four hours at room temperature before discarding. Once refrigerated breast milk can only be held for one hour after being at room temperature. Every effort will be made by staff members not to waste breast milk.



Breast milk should be stored, thawed and warmed according to the following guidance of the Centers for Disease Control and Prevention:

- 1) Breast milk will be refrigerated when not in use.
- 2) Breast milk must be used within 72 hours of being expressed unless frozen.
- 3) Frozen breast milk must be used within 24 hours of thawing in refrigerator.

2) Breast milk will be warmed gently in a bowl or cup under running water. Breast milk contains beneficial living cells that can be destroyed by excessive heat. Breast milk will be gently mixed to ensure even temperature, never shaken.

Per USDA guidelines a breast-fed infant must have a **minimum of 1.75 ounces for every hour** that they are in care. As most of our children are in care for at least 8 hours a day we must have at all times a **minimum of 14 ounces** in the center.