Breastfeeding in The Child Care Setting: Storage and Handling

Compiled by:
Sarah DeCato, BSN, RN, CLC
MSN Graduate Student, New Mexico State University
Collaborators:

Maine Roads to Quality &
The State of Maine Breastfeeding Stakeholder’s Committee
How do I store breast milk and how do I prepare the bottle?
Preparing and storing

- Wash hands before handling breast milk
- Store in clean containers
- Label with child’s name and date
Thawing breastmilk

- Do not use a microwave

- Transfer frozen milk to refrigerator to thaw on own
  - Or place container of frozen into warm water bath
## CDC recommendations

<table>
<thead>
<tr>
<th>Location</th>
<th>Temperature</th>
<th>Duration</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counter top</td>
<td>Room temperature (up to 77°F or 25°C)</td>
<td>6–8 hours</td>
<td>Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.</td>
</tr>
<tr>
<td>Insulated cooler bag</td>
<td>5-39°F or -15-4°C</td>
<td>24 hours</td>
<td>Keep ice packs in contact with milk containers at all times, limit opening cooler bag.</td>
</tr>
<tr>
<td>Refrigerator</td>
<td>39°F or 4°C</td>
<td>5 days</td>
<td>Store milk in the back of the main body of the refrigerator.</td>
</tr>
<tr>
<td>Freezer compartment of refrigerator</td>
<td>5°F or -15°C</td>
<td>2 weeks</td>
<td>Store milk toward back of freezer where temp. is constant.</td>
</tr>
<tr>
<td>Freezer compartment of refrigerator with separate doors</td>
<td>0°F or -18°C</td>
<td>3–6 months</td>
<td>Store milk toward back of freezer where temp. is constant.</td>
</tr>
<tr>
<td>Deep freezer</td>
<td>-4°F or -20°C</td>
<td>6–12 months</td>
<td>Store milk toward back of freezer where temp. is constant.</td>
</tr>
</tbody>
</table>

Breastmilk

- “Liquid Gold”
  - Use what is needed
  - Do not waste
  - Encourage mother’s to store in small amounts
Getting started

- Breastfeeding education
- Breastfeeding environment
- Breastfeeding policy
Caring for Our Children (CFOC), 3rd ed.
References


