

Breastfeeding and Child Care: What Moms Can Do

Photo courtesy of Leslie Koehn Photographic
www.lesliekoehn.com



At our child care center, we want to do everything possible to support you as you continue to breastfeed your baby.

Here are a few suggestions:

- **Make sure that all milk you bring to the child care center is properly labeled** with your child's name and the date you expressed the milk.
- If possible, **visit our center during the day to breastfeed your baby.** This will mean less time needed to express your milk and more time spent with your baby.
- **Let us know if your pick-up time is going to be different than usual.** Together, we can adjust your baby's feeding schedule.
- When you arrive at the center to pick up your baby, **allow some time to sit and feed your baby** before you leave.
- **Avoid introducing formula.** Feeding formula may reduce your milk supply.
- **When you are with your baby, nurse frequently** and in response to your baby's cues. It is best not to stick to a strict feeding schedule.
- If you are having trouble with breastfeeding or making enough milk, **help is available.** Our child care center has a list of community resources that we can share with you.



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In Collaboration With:

NC Child Care Health and Safety Resource Center
NC Infant Toddler Enhancement Project
Shape NC: Healthy Starts for Young Children
NC Division of Public Health
Wake County Human Services and
Wake County Smart Start

Bringing Milk to the Child Care Center

Containers

- Human milk can be safely stored in glass, hard plastic bottles, or storage bags specifically designed for storing human milk. Choose containers that do not have BPA.
- When storing milk in bottles, wash bottles in hot soapy water and rinse. Sterilization is not needed.
- Milk will expand when it is frozen, so leave room at the top of the bottle if you plan to freeze the milk.
- Put only 3-4 ounces of milk into each container, or the amount your baby eats at a single feeding.

Labeling

- Use a permanent marker or other labeling that will not rinse off when wet.
- Label each container with the date you expressed the milk.
- Label each container with your child's name.

Storage at home

- If you are planning to use the milk within 5 days, store in the refrigerator.
- Frozen milk can be stored for 6 months in the freezer.
- For detailed milk storage guidelines, consult www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

How much milk should I send?

- Infants over 6 weeks old usually eat 3-4 ounces every 3 hours. You will learn how much your baby needs each day.
- It is best to send the fresh milk you expressed during the last time you were away from your baby.