3 TIPS
FOR THE CAREGIVER OF THE BREASTFED CHILD

1. BREAST MILK IS NOT A BIOHAZARD

Human milk is food. The Centers for Disease Control and Prevention (CDC) and Occupational Safety and Health Administration (OSHA) do not classify human milk as a biohazard.

In places of work or child care settings, breast milk can be stored in a shared company refrigerator.

Source: womenshealth.gov

LEARN MORE
www.mibreastfeeding.org

2. BREAST MILK IS STABLE AND EASILY STORED

<table>
<thead>
<tr>
<th>Location of storage</th>
<th>Temperature</th>
<th>Max. recommended storage duration</th>
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</thead>
<tbody>
<tr>
<td>Room Temp.</td>
<td>16–29°C (60–85°F)</td>
<td>4 hours optimal&lt;br&gt;6–8 hours acceptable under very clean conditions</td>
</tr>
<tr>
<td>Refrigerator</td>
<td>4°C (39.2°F)</td>
<td>4 days optimal&lt;br&gt;5–8 days under very clean conditions</td>
</tr>
<tr>
<td>Freezer</td>
<td>0°F (−18°C)</td>
<td>6 months optimal&lt;br&gt;12 months acceptable</td>
</tr>
</tbody>
</table>

Source: ABM Protocol

3. PACED BOTTLE FEEDING MIMICS BREASTFEEDING AND SUPPORTS HEALTHY DEVELOPMENT

Babies should be bottle-fed:
- When they’re hungry, not on a schedule
- Held and sitting up
- Gently, allowing the infant to draw nipple into mouth
- With bottle held horizontally
- Consistent with a breastfed rhythm with frequent pauses
- Switching from one side to the other side midway through a feed
- Letting baby control the flow, usually taking around 10-20 minutes

Source: Kellymom.com