You can do it! Breastfeed WIC can help

Pumping and Storing Breastmilk for Your Baby

Pumping Tips

- Make sure someone has shown you how to use your pump before you start to use it.
- Gently massage your breasts to start the breastmilk flowing. It might help to look at your baby's picture or think of your baby while pumping.
- Your breasts may have the most milk in the morning, so pump then if possible.
- You will make more breastmilk if you breastfeed or pump your breasts often.
- While you are away from your baby, pump every 2 to 3 hours for about 15 to 30 minutes.
- Be patient. You will figure out the best times to pump your breastmilk.

It is normal for breastmilk to look thin and watery. The color may change from day to day depending on what you eat.

This information is for healthy, full-term babies. If your baby was born early, talk to a WIC staff person or your doctor about breastfeeding.

Storing Breastmilk

- Put breastmilk in clean bottles or milk storage bags. Choose bottles made of glass or flexible, milky-colored plastic (polyethylene or polypropylene).
- Only put 2 to 3 ounces in each container. Small amounts freeze and thaw faster. As your baby gets older he will drink more, so you can put more breastmilk in each container.
- Leave a little space in each container. The breastmilk will take up more space as it freezes.
- Write the date you pump your milk on each container. Use the oldest breastmilk first.
- After pumping, keep breastmilk in a cooler with ice, in the refrigerator, or in the freezer.
- Stored breastmilk looks different than fresh milk. Shake it gently before feeding it to your baby.

Breastmilk

Here is how long you can keep your breastmilk *

	Room Temperature (70° F)	Refrigerator	Small Freezer (inside refrigerator)	Freezer
Fresh breastmilk	5 hours	5 days	2 weeks	3 to 4 months
Thawed (defrosted) breastmilk	Use within 1 hour after thawing	Use up to 24 hours after thawing	Do not refreeze thawed breastmilk	

*For healthy full-term babies

Tips for Warming Breastmilk

- Put frozen breastmilk in the refrigerator overnight so it can thaw by morning.
- To warm breastmilk put the bottle of breastmilk, or milk storage bag, in a bowl of warm water.
- Do not thaw or warm breastmilk in the microwave. This makes "hot spots" in the milk that can burn your baby's mouth.

Babies are born to breastfeed!

CALIFORNIA WIC
WOMEN, INFANTS & CHILDREN

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