

# Breastfeeding and Child Care:

## What Moms Can Do



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- Talk with your child care provider about your plans to breastfeed and provide breast milk for your child.
  - Label all bottles containing milk with your child's full name and the date/time the milk was expressed.
  - If possible, visit your child care center during the day to nurse your baby.
  - Nurse your baby before leaving the child care center, when dropping off, and when picking up.
  - Avoid introducing formula. Feeding formula may reduce your milk supply.
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- Try to feed your baby in response to their hunger cues, not on a strict schedule. Feeding on cue helps babies learn when they are hungry, which may help prevent obesity.
  - Breastfeed your baby yourself whenever you are with your baby.
  - If you are having trouble with breastfeeding or with making enough milk, ask your child care center for a list of resources. You can also visit [www.zipmilk.org](http://www.zipmilk.org) or call 1-800-251-BABY (2229).

# Preparing, Storing and Transporting Your Milk

- Wash your hands before expressing or handling human milk.
- Store your milk in clean containers, such as glass or hard plastic bottles with tight caps, or storage bags specifically designed for storing human milk. Choose containers that do not have BPA or phthalates.
- Clearly label, with permanent marker, the container with your child's full name and the date the milk was expressed to help your child care provider in using the oldest milk first.
- Leave room at the top when filling the container if you plan on freezing the milk.
- Put only 2-4 ounces of milk into each container, or the amount your baby eats at a single feeding.
- For more information about breastfeeding and returning to work, visit [www.breastmilkcounts.com](http://www.breastmilkcounts.com) or [www.louisianabreastfeeding.org](http://www.louisianabreastfeeding.org).

## Follow these simple rules for storing your milk:

	Refrigerator	Freezer	Deep Freezer	Portable Cooler with Ice Packs
<b>Fresh Breast Milk</b>	5 days	3-6 months	6-12 months	24 hours
<b>Thawed Breast Milk</b>	24 hours	Do not refreeze	Do not refreeze	8 hours



This information and project have been adapted from the "Breastfeeding-Friendly Child Care Initiative" of the Carolina Global Breastfeeding Institute /UNC Gillings School of Public Health and the Wisconsin Department of Health Services, *Ten Steps to Breastfeeding-Friendly Child Care Centers Resource Kit*.

This project is a collaboration between Our Lady of the Lake Children's Hospital, the Louisiana Breastfeeding Coalition, local breastfeeding coalitions, Volunteers of America/Partnerships in Child Care, and the Louisiana Office of Public Health-Maternal and Child Health Program.