

# Warming and Serving Stored Breast Milk \_\_\_\_\_

To thaw and warm, put under warm running water for a few minutes. Shake well.

Check temperature on inside of your wrist before offering to baby.

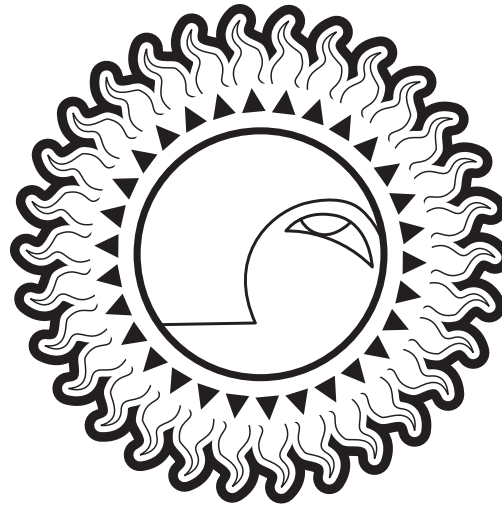
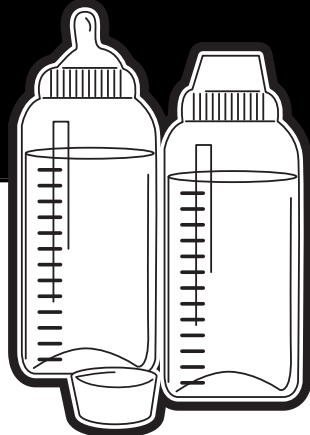
Thawed milk may taste or smell different from fresh milk, but it is still good.

Throw out any leftover milk that was not used at the feeding.

## Warning:

**Do not microwave.** This may cause hot spots in the milk, which can burn your baby.

Do not re-use  
or re-freeze  
thawed milk.



### The elders speak:

“Breastfeeding makes her feel special because she carries the nutrition for her baby.”



CH-33

Version française disponible



# Pumping and Storing Breast Milk

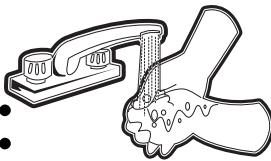


Conseil Cri de la santé et des services sociaux de la Baie James  
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 Cree Board of Health and Social Services of James Bay

Pumping and storing your milk allows baby to have breast milk when you are separated from him.

Many mothers find that the best time to pump milk is when their breasts feel fullest, in the morning or about an hour after feeding.

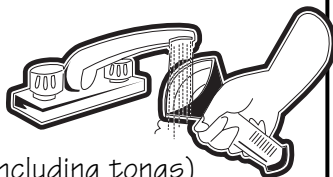
## Step 1: Prepare Clean, Sterile Containers



Wash your hands with soap and hot water.

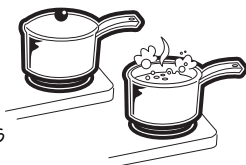
Use containers such as disposable baby bottle liners, baby food jars, mason jars, or baby bottles (glass or plastic).

Wash the jars, bottles, and lids. Wash any part of the breast pump (if used) that will touch your milk. Use hot soapy water and a brush. Rinse with hot water.



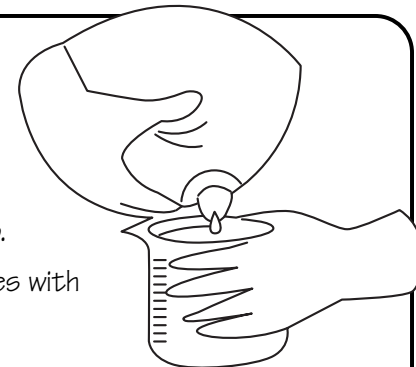
### To sterilize:

- (1) Put items (including tongs) in a large pot
- (2) Cover with water
- (3) Put lid on pot
- (4) Boil for 5 minutes
- (5) Remove items with tongs
- (6) Leave to dry in a clean place (or on clean dishtowel)



## Step 2: Pump your Breast Milk

You can pump by hand or with a breast pump.



Label the storage container with the date before starting to pump.

Wash your hands with soap and hot water. Wash your breast nipples with warm water only (soap will dry the skin too much).

Sit somewhere comfortable.

To get your milk flowing, use a warm wet washcloth and gently massage the breast and roll your nipples between your fingers.

### Pumping by hand:

Hold your breast in one hand and place your thumb and pointer finger at the edge of the areola (the darker skin around the nipple).

Support your breast underneath with the rest of the fingers.

Press back against your ribs and squeeze with your thumb and pointer finger. It may take a minute for your milk to flow.

Move your thumb and fingers around the areola to be sure that milk is emptied from all parts of the breast.

Pump from each breast for about 5 minutes, then go back and repeat on each breast again.

At first you may collect only a little milk, but you will get more with time and practice.

### Breast Pumps:

Follow the instructions that come with the pump.

## Step 3: Store your Breast Milk

Breast milk that is in a clean, tightly closed container needs to be put in the fridge within 4 hours (refrigerate right away if room temperature is over 25 °C).

**Refrigerator:** Use within 5 days

**In refrigerator freezer:** Use within 1 month

**Deep freezer (at -19 °C [0°F]):** Use within 6 months