



Breastmilk Care



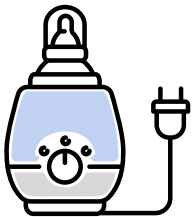
Water in Bowl Method:

Warm up water in a pot or bowl. When hot, place breastmilk into the water until milk is warm.



Do NOT Microwave breastmilk.

This can cause extreme hot spots, denature proteins in the milk, and cause baby harm



Bottle Warmer:

Warm up bottle in bottle warmer. Do not leave in warmer over recommended time by product.

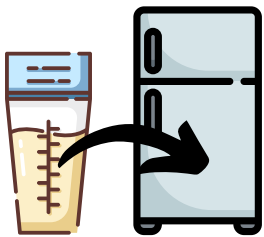


On the Go Cooler:

Fresh milk can stay tightly packed in a cooler bag for up to 24 hrs and run under hot water to warm.



Swirl the milk around the bottle to disperse warm areas and test on your skin on the inner wrist to be sure the temperature is OK for baby.



Defrost:

Defrost by placing the frozen milk in the fridge. This is good for 24 hours. 24 hours starts when ice crystals are no longer present.



Water Sink Method:

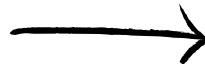
Warm up water in faucet and let run over the sealed frozen bag/bottle.

Paced Bottle Feeding

Gulping:
Suck Swallow
Suck Swallow



- Baby Laying back.
- Tilted Bottle brings fast flow.
- Baby given full bottle at once.
- Feeder sets pace.

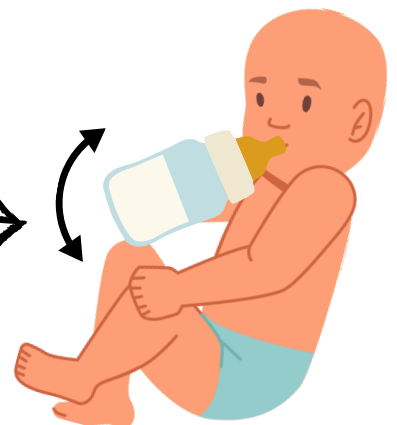
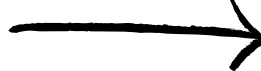


Paced:
Suck Suck Swallow
Suck Swallow
Suck Suck Swallow



The goal is for baby to set the pace of the feeding, when to suck, when to swallow, when to pause- instead of gravity setting the pace!

- Baby Sitting upward
- Bottle is horizontal
- Pace set by baby
- Pause by tilting bottle so milk leaves the nipple



- Decreases gas + fussiness
- Prevent Colic + Reflux
- Helps transition from breast to bottle easier
- Drink only what they want/need