

Expressed breastmilk and feeding the breastfed baby.



Evidence Based Babies
Pregnancy, Birth, Breastfeeding and Parenting.

This booklet contains all the information a caregiver needs in regards to the storage of breastmilk and feeding the breastfed baby.



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Breastmilk handling and storage



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Insulated cooler with ice packs - Up to 24 hours

Room temperature - 4 hours

Fridge - 4 days

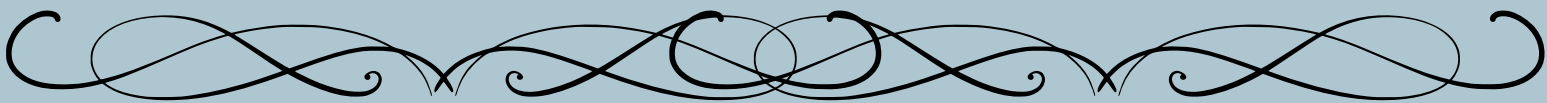
Freezer - 6 months

Deep freezer - 12 months

Thawed breastmilk - 24 hours

Leftover breastmilk from a feeding should be
discarded within 2 hours

Never refreeze breastmilk



Thawing breastmilk

Never heat breastmilk in the microwave

Thaw breastmilk in the fridge overnight or
place container under running warm water

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How much breastmilk and how often



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Smaller meals more frequently, every hour or every 2 hours is best as breastmilk digests within 45 minutes.



A breastfed baby will never need more than 30-40ml per hour away from their mother. So that's 30-40ml per hour or 60-80ml every 2 hours.

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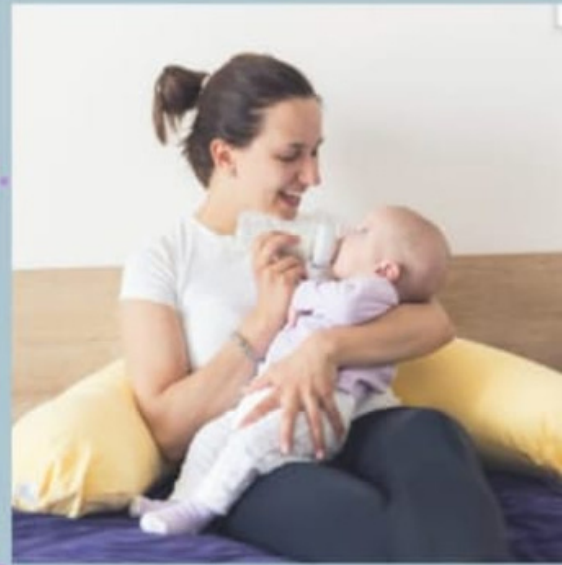
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Paced bottle feeding.



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- Latch baby onto the bottle.
- Baby should be fed on cue.
- Keep baby more upright.
- Keep the bottle horizontal to slow the flow.
- Give lots of breaks to pace the feed.
- Switch sides mid feed.
- Feedings should take about 10-20 minutes.
- Feed baby to satiation, not to empty the bottle.



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Bottle refusal



Help! My baby won't take a bottle!

Try feeding with movement. Walking, rocking or bouncing.

Keep the mother's shirt close by so baby can smell her.

Let baby latch onto the bottle the same way they would latch onto the breast.

Try different bottles. A long and straight teat rather than a short and flat teat.

Try different temperatures. Cold, room temperature or warm.

Feed baby before baby becomes overly hungry and upset.

Important notes:

- Never force feed a baby
- Earn the Baby's trust
- Never give the baby anything other than breastmilk without the parent's permission

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Alternative feeding methods



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Open cup feeding

A baby can also be fed with an open cup.

Sippy cup

If the baby is older than 4 months, an age appropriate sippy cup can be used.

Spoon feeding

A baby can also be fed with a teaspoon.

Syringe feeding

A baby can also be fed with a syringe.

Always pace the feed.

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Reverse cycling



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If you've tried everything and the baby still won't feed much, the baby may be reverse cycling.

Reverse cycling is when a baby drinks less during the day and more during the night when they're with their mother.

Ensure that the baby feeds at least some breastmilk, just to keep them hydrated.

Never force a baby to reverse cycle.

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