

# Tips for feeding expressed breast milk

*Feeding your baby at the breast is best. There may be times when this is not possible.*

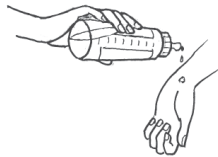
## Tips for feeding expressed breast milk by bottle

- Use glass bottles if possible.
- Wash your hands with soap and warm water before feeding.



## How to warm your baby's bottle

- Put the bottle of expressed breast milk in warm water for up to 15 minutes, or hold it under warm running tap water.
- Shake bottle to heat evenly.
- Check the temperature by putting a few drops on your wrist.
- Do not heat bottles in the microwave or on the stove.



## Watch for early feeding cues

- Your baby makes sucking or soft sounds.
- Your baby puts her hands in her mouth.
- Your baby is making more body movements.
- Your baby makes sucking or licking movements with her mouth.

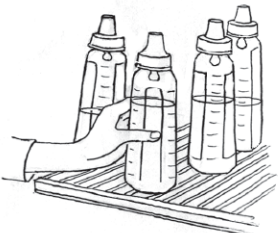
*Do not put your baby to bed with a bottle.*

## Signs your baby is finished or full

- Your baby looks sleepy and calm.
- Your baby lets go of the nipple.
- Your baby closes his mouth.
- Your baby turns away from the bottle.
- Your baby does not look for more milk.
- Your baby may still have small sucking movements. This is a reflex and does not mean your baby is hungry.

*If you see signs your baby is full, stop feeding even if bottle is not empty.*

## Going away from home

Fresh Expressed Breast Milk	Refrigerated or Frozen Expressed Breast Milk
Can be transported at room temperature (less than 25° C or 77° F) if used within 6 to 8 hours.	Transport in cooler bag with ice packs.
If not used within 6–8 hours, transport in a cooler bag with an ice pack and use within 24 hours.  	Frozen breast milk that has been thawed can be kept in the cooler bag with the ice pack for 24 hours.
	Do not refreeze breast milk once it has started to thaw.
	Warm breast milk by placing the container in a bowl of very warm water, or holding it under warm running tap water.

For more information, ask for the fact sheet called *How to feed your baby with a bottle.*

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