

Choosing Child Care for the Breastfed Infant

Allow plenty of time to interview potential providers—start at least one month before the birth of your baby.

Questions to ask a potential child care provider:

- Is the daycare a licensed provider with staff who are trained in infant care?
- Is the environment safe and clean?
- Does the facility encourage parents to visit the child during the day?
- Does the facility allow you to breastfeed your baby on-site?
- Are child care staff supportive of breastfed babies and their mothers?
- Does the facility have adequate refrigerated space to store breastmilk? What are your labeling procedures to ensure my baby gets my milk?
- Is the facility a short distance from work or school so you might be able to go to your baby or have your baby brought to you for feedings?

Practice using a bottle with breast milk when your baby is about 4-6 weeks old, after breastfeeding is going well. If you have to return to work sooner, introduce the bottle at least a week before you return. Try feeding at a time when your baby will be in child care. Have someone other than you feed the baby a bottle.

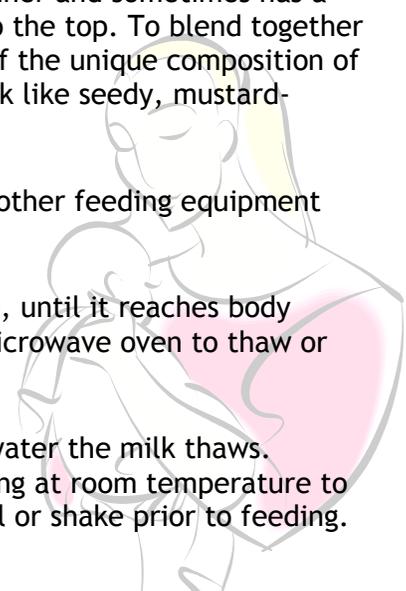
Begin collecting and freezing expressed breast milk for the child care provider 3-4 weeks before your first day back.

Some babies adjust more easily if they get to know their caregiver gradually. Arrange some short stays including a feeding time with the caregiver before leaving the baby for longer periods.



A Caregiver's Guide for the Breastfed Baby

- ♥ Breast milk looks different than cow's milk or infant formula. It is thinner and sometimes has a slightly bluish tint. The fatty part of the milk may separate and rise to the top. To blend together again, gently rotate the bottle or container back and forth. Because of the unique composition of human milk, it is normal for a breastfed baby's stools to be runny, look like seedy, mustard-colored cottage cheese, and have little odor.
- ♥ Always wash your hands before handling breast milk. Bottles, cups or other feeding equipment need to be thoroughly washed with hot soapy water and rinsed well.
- ♥ To warm breast milk in a bottle, put in a pan of hot water, not boiling, until it reaches body temperature. Test by dropping a little on your wrist. **DO NOT** use a microwave oven to thaw or heat breast milk. Gently swirl or shake prior to feeding.
- ♥ To warm frozen breast milk, hold the container under warm running water the milk thaws. Transfer to a clean feeding container. Do not leave frozen milk standing at room temperature to thaw. **DO NOT** heat or freeze breast milk more than once. Gently swirl or shake prior to feeding.



Storage Chart

Refrigerator	Freezer Compartment Inside Refrigerator	Separate Freezer Compartment	Upright/ Chest Freezer at less than 0° F
72 hours	2 weeks	3 months	6 months

- ♥ Breast milk can be stored along with other foods in a common refrigerator. No special precautions are needed when handling or feeding a baby with human milk. Be sure the baby's name and a date is listed on each bottle or container of frozen breast milk.
- ♥ Breast milk has many healthy ingredients not found in infant formulas, such as antibodies that protect the baby against diarrhea, ear infections, respiratory infections and other diseases. Breast milk is priceless and should be handled with special care so it will not be wasted.
- ♥ On average, a small baby will take between 2-4 ounces of milk at a feeding. Offer small amounts so if the baby is not hungry, you will not have to throw out large quantities of milk. If the baby needs more, make another small amount. Mom needs to clearly label each container with baby's name and date. Rotate storage containers so the breast milk with the oldest date is used first.
- ♥ If the baby is hungry just before mom is due to arrive, try to calm the baby by rocking or walking. Offering a small amount of milk may help keep the baby calm until mom arrives to breastfeed her baby. Mom should be consulted before any liquids besides breast milk are offered to her baby.