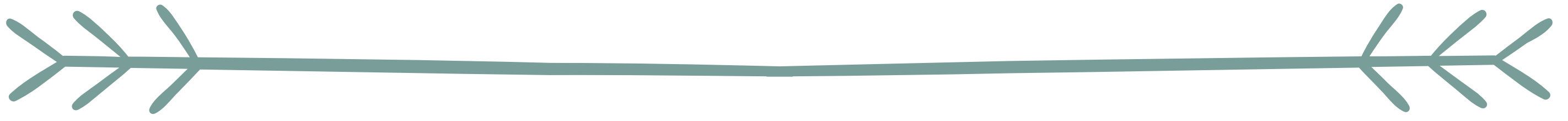


Breastfeeding Tips



- Get sleep/rest whenever possible.
- Feed and/or pump on a regular schedule. Every 2 -3 hour for 24 hours.
- Aim for an extra 400 calories per day.
- Drink 8 ounces water or caffeine-free beverages before nursing infant. Continue to stay well hydrated and limit caffeine.
- Be mindful of food that irritates your infant and try to decrease it in your diet.
- Avoid excessive weight loss until milk supply is established.
- Eat a variety of foods from each food group per day.



Goal Food Intake Variety

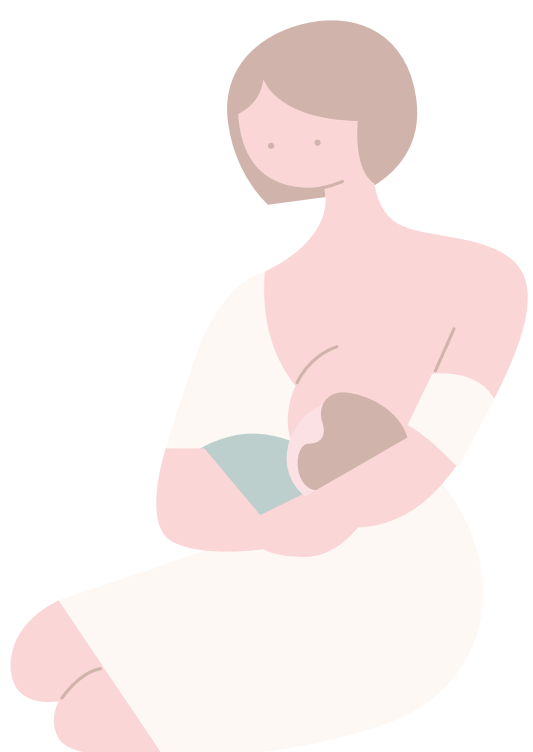
3 cups fruit

3 cups vegetables

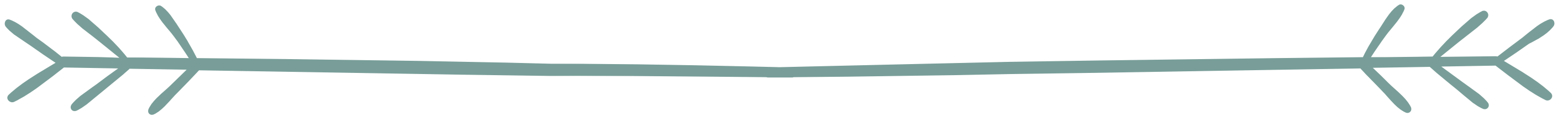
3 cups dairy

6-7 oz protein

5-6 oz grain



Breastmilk Storage Tips



- Use a clean container; standard glass or plastic baby bottles, and disposable feeding bottle liners
- Label each container with the date and time of the earliest contribution to the container, especially if "layering" different expressions into the same container.
- Store milk in the approximate quantities that the baby is likely to need for one feeding.
- If refrigerated within 4 - 6 hours, store in a clean, tightly capped container for the unrefrigerated interim period (60-85 degrees).
- Milk may be stored in an insulated cooler bag with ice packs for 24 hours
- If refrigerated, use within 4 - 8 days. Store in the back of the main body of the refrigerator, where the temperature is the coolest.
- Milk can be stored in a normal refrigerator with other food items.
- If frozen in a freezer, use within 12 months.
- Discard any remaining milk that was not used at the feeding for which it was thawed and warmed.
- Use thawed milk within 24 hours.
- Match the "age" of the milk as closely as possible to the baby's age to best match the baby's needs and properties of the milk.

