



BREASTFEEDING PRACTICAL TIPS AND GOOD TO KNOW

Breastfeeding is the best food for your child. Would you like to know more about expressing, storing, freezing and heating breast milk? These are the best tips!

EXPRESSING

- This is useful when, for once, you are unable or unwilling to feed your child yourself.
- Can be done by hand or with a manual or electric pump.
- Start trying to express milk well before you start working again. It's really a skill you have to learn and something that your breasts have to get used to.

Use bottles, clean plastic trays or freezer bags to freeze breast milk. Ice cube bags are also practical because it makes dosing easier.

How to STORE expressed breast milk

- At room temperature (19 - 22°C): maximum 1 hour
- In the refrigerator: Ensure that the refrigerator is at 4°C. Under these conditions, the milk remains fresh for 3 days. Store the milk at the back of the refrigerator, where the milk is chilled best.
- In the freezer: Freeze the milk immediately after expressing it. In a freezer with 3 stars (***) or 4 stars (****) the milk remains fresh for 6 months. Freeze the milk in small quantities, for example in special breast milk storage bags. This makes it easier to thaw just the amount you need.

How to WARM UP expressed breast milk

- With a bottle warmer or by placing the bottle in a pan with hot water.
- You can also use the microwave. Heat the milk maximum 30 s at a maximum of 600 watts and make sure it doesn't get too hot. Gently shake the milk to evenly distribute the heat.
- Always heat the milk to body temperature and not higher. You can check the temperature with a drop of milk on the inside of your wrist.



How to DEFROST frozen breast milk

- Slowly: place the frozen breast milk in the back of the refrigerator so it can thaw out gradually. This will take a couple of hours. The advantage is that the protective substances remain optimally intact.
- A little faster: hold the bottle/cup of frozen breast milk under running water. Slowly turn the tap from cold to hot. Make sure the milk does not get hotter than 30 to 35°C. A number of protective substances are lost above 50°C.



Can i mix breast milk of different expression sessions?

Yes, that is not a problem. It doesn't matter either if the breast milk comes from the freezer/refrigerator or if it is fresh.

I defrosted breast milk. How long can i STORE it?

- Defrosted breast milk can be stored at room temperature (19 - 22°C) for a maximum of 1 hour.
- You can store defrosted breast milk in the refrigerator for up to 24 hours.
- After heating, you can store defrosted breast milk for up to 1 hour.

Does your child not drink all of the expressed milk? Always dispose of any leftovers.

Breastfeeding is MORE than feeding

- The skin-on-skin contact between you and your baby is important for bonding. This is necessary for the emotional development of your child. Body contact gives your child a feeling of safety and security.
- When feeding, make contact with your baby. Look at your baby, touch the hands, the feet and the legs. Take your time.

Did you know that you can use up to a quarter of your working hours to feed your baby or to express milk until your baby is 9 months old?



A bottle in ADDITION to breastfeeding?

Breastfeeding is the best food for your child. Try to give this as long as possible. But what if you have to get back to work and you can't express enough? In that case, it is possible to combine breastfeeding and bottle feeding. Discuss this with the consultant or your doctor. For example, give your baby the breast in the morning and in the evening, and a bottle during the day.

TIPS

- Allow your baby time to get used to the bottle feeding.
- Do you notice that your breast milk is reducing? Add an extra moment of breastfeeding or expressing milk.



Scan for more useful tips and information about breastfeeding. Or contact 0800 022 26 26 (free 24 hours a day, 7 days a week).



**BOTTLE FEEDING
PRACTICAL TIPS
AND GOOD TO KNOW**

Breastfeeding is the best food for your child. Nevertheless, there may be a moment when you switch to a combination of breastfeeding and bottle feeding, or complete bottle feeding from 6 months onwards. Always consult with your midwife, maternity carer, consultant or doctor.

How to PREPARE infant milk

Always follow the instructions on the packaging. Incorrect preparation and storage poses health risks. Generally, infant milk is prepared as follows:

- Wash your hands and make sure the bottle and teat are properly cleaned.
- Use boiled water, even if using water from a pack or bottle. This is the safest and most hygienic way. Allow the water to cool to lukewarm temperature (approximately 37°C) and pour the required amount of water into the bottle.
- Scoop the supplied measuring cup through the powder and level it as indicated. Add the appropriate number of scoops to the water in the bottle.
- After that, it is very important that the powder dissolves properly. Put the cap on the bottle and shake it until the powder is completely dissolved.



- Check that the feed is not too hot by dripping it on the inside of your wrist.
- Keep the measuring scoop in the package.
- Close the package after use and store it in a cool, dry place.
- Use prepared food within 1 hour. Always dispose of any leftover infant milk.



Can i STORE prepared infant milk?

- The shelf-life of the prepared infant milk is 1 hour.
- When boiled, water can be stored in the refrigerator in a closed container for up to 24 hours. Before use, you can heat the cooled water in the microwave or bottle warmer.

Does your child need special food, such as a thickened formula? Then check if you need to adjust the teat!



Tips for GIVING bottles

- Take your time. A good drinking time is between 20 and 30 minutes. Calm drinking gives a feeling of saturation and prevents cramps and other stomach problems.
- Keep your baby upright and place the teat of the bottle on your child's upper lip. Wait until your baby takes it. Most of the teat should be in the mouth when drinking.
- When feeding, keep the bottle horizontal, with the tip of the teat always filled with milk. The emptier the bottle, the more you have to tilt it.
- The bottle does not have to be emptied completely! Your baby will tell you when he wants a break or has had enough.
- If the milk flows out of the mouth or your child turns away his head, it means he needs a break. Leave the teat in the mouth but with the hole pointing up towards the palate. Your baby will indicate when he is ready and starts sucking again. If not, he has had enough.
- Do not give your baby too much food. Always discuss the right amount of food and distribution over the day (based on e.g. age, height and weight) with midwife, maternity carer, consultant or physician.

Feeding takes time, so take your time for it. Make sure it is a moment of rest for you and your baby, without distraction from TV, smartphone or visitors.



Feeding is MORE than giving a bottle

- Food is important for the bonding between you and your child.
- Alternate sides of your child's body to help both sides develop properly.
- Sometimes you hold your child in your right arm, sometimes in your left arm. You can also switch halfway through each feeding.
- Provide different moments of skin-on-skin contact. For example, think about this when giving the bottle, hug your baby a lot, carry your baby in a carrying bag against your bare skin, or take a bath or shower together.