

# Breastfeeding Basics



## Do's and Don'ts of Pumping and Handling Breast Milk



### Do's

- Read the pump Owner's Manual! Learn how to use your pump for maximum milk output.
- Find your right flange size.
- Place freshly expressed milk into an insulated cooler or fridge.
- Label milk with the date it was pumped, before freezing. It can be stored for 6 months in the freezer.
- Thaw milk by placing it in the fridge overnight or in a warm bowl of water on the counter.

### Don'ts

- Forget to replace your pump parts on a regular basis.
- Increase the suction level past a comfort. (This does not result in greater output.)
- Keep fresh breast milk at room temperature longer than 4 hours.
- Keep fully thawed breastmilk longer than 24 hours.
- Microwave breast milk at any point