

Combining Breastfeeding and Bottle Feeding

It's best to wait until your baby is around 3 weeks old before introducing a bottle. Avoiding bottles in the first few weeks will help you establish your milk supply. If you are returning to work or school, introduce a bottle of expressed breastmilk two to four weeks before your return.

- Begin offering your baby a bottle of breastmilk in place of one breastfeeding.
- Offer the bottle when your baby is sleepy and just beginning to show hunger cues (such as sucking on hands).
- Your baby may accept the bottle better if someone else offers it. Go out for a walk or leave the room so your baby knows you are unavailable to breastfeed.
- Continue to nurse your baby often when you are together. This will help you keep a large milk supply.
- Talk to WIC staff if you plan to return to work or school. You may be eligible for a breast pump.



**For breastfeeding help and information
call 1 (800) 514-6667.**

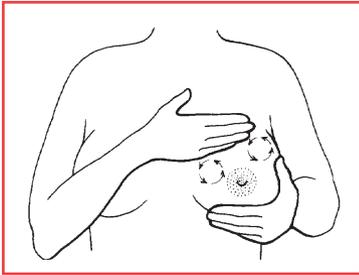


Expressing Your Milk

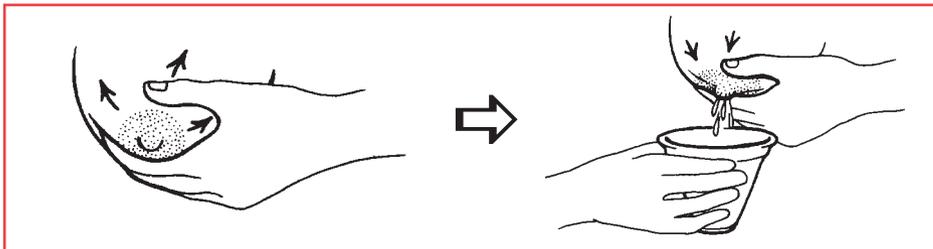
You can express your breastmilk by hand when you are away from your baby and unable to nurse. Many women find hand expression to be a comfortable and easy way to express their breastmilk.

To hand express:

1. Use a clean container with a wide opening to collect your milk. A margarine tub works well for hand expression. With practice you can express directly into a plastic bag or bottle.
2. Wash your hands.
3. Place a warm washcloth on your breasts to help your milk flow.
4. Massage your breast to help increase the amount of milk you express. Do this by placing one hand under your breast for support. Apply gentle pressure, using a circular motion with your other hand. Massage from several starting points, always working from the chest toward the nipple. Repeat on your other breast.



5. Hold the clean container near your breast. With your other hand, place your fingers and thumb about one inch behind the nipple. Press back toward your ribs and squeeze in and down, rolling your fingers and thumb toward the nipple. This will express milk into your clean container.



6. Rotate the placement of your fingers and thumb around your nipple to empty all areas of the breast. When milk flow slows down, switch to your other breast.

Expressing your milk gets easier with practice. Don't be discouraged if you can only express a small amount in the first few days. If hand expression is not working for you, talk to the WIC staff. You may need a breast pump.

Breastmilk Storage Guidelines

	Refrigerator	Freezer	Deep Freezer	Insulated container with ice packs
Fresh Breastmilk	5 Days	3-4 Months	6 Months	8 Hours
Thawed Breastmilk	24 Hours	Do Not Refreeze	Do Not Refreeze	Do Not Refreeze

Tips For Storing Your Milk

1. Store your milk in bottles, nurser bags, or double-bagged freezer bags.
2. Put enough milk for one feeding (2-4 ounces) in each bag or bottle. Do not fill to the top.
3. Label your milk with the date. Always use the oldest milk first.
4. The fat in your milk will separate from the watery portion. Shake it gently before feeding to your baby.
5. To thaw frozen breastmilk, shake the bottle or bag gently while holding it under warm water. Never boil or microwave it.