




2. Storing and Thawing of Breast Milk

MODULE 4

Here are a few tips when choosing containers used to store the breast milk.

CONTAINERS USED TO STORE BREAST MILK	
	<ul style="list-style-type: none">• Use glass or plastic containers with tight fitting covers.• Indicate the date of expression on the container.
	<ul style="list-style-type: none">• Bags designed especially for breast milk may also be used.• Indicate the date of expression on the bag.• Do not use bags made for bottles. These bags are made of thin plastic and are easily damaged if manipulated.
	<ul style="list-style-type: none">• For healthy babies, wash the containers with hot soapy water, rinse well with hot water, and air dry.


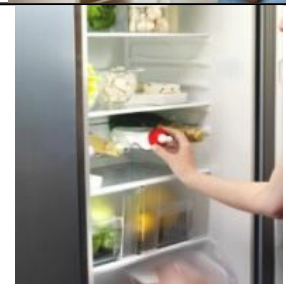

Here are a few tips when storing breast milk.






Breast milk can be stored in the following places.



Tips to thaw breast milk efficiently and safely.

THAWING BREAST MILK	
	Check the date on the container. Use the milk that has been stored for the longest time.
	Thaw the milk by placing it in the refrigerator for four hours.
	You can also place the container under running cold water. Once the milk has begun thawing, you can run hot water to finish the process.

	<p>Never thaw the milk at room temperature.</p>
	<p>Heat the milk by placing it in a bowl of hot water but not boiling.</p>
	<p>NEVER HEAT THE MILK ON THE STOVE OR IN A MICROWAVE OVEN.</p>