

Expressed Breast milk

TO STORE:

| WHERE | |
|---|---------------------------------|
| ROOM: 19 to 22c (<i>Ideally in fridge asap</i>) | 6 hours |
| FRIDGE: 5 to 10c (<i>Hospital temperature of fridge</i>) | 3 days 48 hrs for NNU babies |
| FRIDGE: 0 to 4c <i>However if fridge temperature rises above 4c after 3 days, you must use within 6 hours or throw milk away</i> | 8 days |
| FREEZER: | 6 months |
| | |

TO DEFROST:

| | |
|---|---|
| Ideally defrost slowly in the fridge | 12 hours from time defrosted |
| Defrosted breast milk outside of fridge | Once defrosted - use immediately |
| NB: NEVER defrost in the microwave | Valuable antibodies and nutrients are destroyed |

www.breastfeedingnetwork.org.uk

Effective Feeding – How do you know your baby is feeding well?

1. The clue is in the “poo and wee”
2. Weight gain (after initial weight loss)
3. Good strong *sucking and swallowing*

| Age | Wet nappies – Per day | Dirty nappies per day |
|------------------------------|--------------------------------|---|
| 1 day old | At least 1 | At least 1 sticky green/black tarry nappy. |
| 2 days old | At least 1-2 | At least 1 sticky green/black tarry nappy. |
| 3 days old | At least 3, feeling heavier | At least 2 or more, loose, greenish changing to yellow nappies. |
| 4 days old | At least 3-4 heavy wet nappies | At least 2 or more yellow, soft and may become looser. |
| 5 days old | At least 5 heavy wet nappies | At least 2 or more loose seedy, yellow nappies |
| 6 days old and beyond | At least 6 heavy wet nappies | At least 2 or more loose/watery seedy, yellow nappies. About the size of £2 coin or more. Day 7 onwards, large amount of loose, yellow in nappy. |

- Dirty nappies at least £2 coin size, not just a streaky mark on the nappy.
- A heavy wet nappy feels like 4-5 tablespoons of water pour into a dry nappy.
- Urine at all stages should be pale yellow.
- After 6 weeks, it can be normal for some babies to have less frequent dirty nappies – yellow colour.
- The more milk your baby takes, the more dirty nappies you will see. If you are unsure if your baby is feeding well, you must contact your midwife or health visitor for advice.