

Lactation Resources

Human Milk Storage Guidelines

Types of Breastmilk	Storage Location			
	Room Temperature (60-80°F / 16-29°C)	Refrigerator (40°F / 4°C)	Freezer (0°F / -18°C)	Deep Freezer (-4°F / -20°C)
Freshly Expressed / Pumped	Up to 4 hours	Up to 4 days	3-6 months (3 months ideal)	6-12 months
Thawed / Previously Frozen	1-2 hours	Up to 24 hours	Never refreeze human milk after it has been thawed	
Left over from feed (baby did not finish bottle)	Use within 1 hour after baby has finished feeding			

Increasing Breastmilk Supply / Production

Skin to skin contact – stimulates release of hormones to increase milk production

- Undress baby to diaper for feeds to encourage more alert and vigorous feeding sessions

Frequent breastfeeding – aim for 10-12 feeds in 24 hours for the first few weeks (including overnight, milk production is driven by supply and demand)

- Offer both breasts at each feed

Hydration, nutrition, sleep and stress management for mother

- Water: 2-3 Liters daily
- Foods to help increase supply: old fashioned oats, salmon, brown rice, asparagus, carrots, hummus, garlic, papaya, spinach, flax, brewer's yeast

Complete emptying of breasts with feeding

- If your breast stores too much milk between feedings (due to incomplete emptying), your breast will make less milk. If your breast is emptied, it will make more milk.
- It is common for one breast to make more milk than the other, and it is normal for babies to prefer one breast over the other.
- Pump after nursing if your baby does not remove all the milk from your breasts.
- If you are noticing leaking during feeding, you can use Haaka on the opposite breast to collect the letdown for the first few minutes of the feeding.

Pumping to increase production

- Pump every 3 hrs for 15-20 minutes (either after breastfeeding or in place of breastfeeding)
- Spectra Pump
 1. Turn speed all the way up to 80 and suction highest comfortable (NOT painful) for 2 mins
 2. After 2 mins turn down the speed to 40-50 and continue to pump for 5-7 min
 3. Then turn up the speed to 80 for 2 more minutes
 4. After 2 more minutes turn speed back down to 40-50 and continue to pump for 5-6 more mins
- Medela Pump
 1. Turn pump on and turn suction up to highest comfortable (NOT painful) and allow pump to cycle through.
 2. After 7-8 mins push letdown button (milk drop) and allow pump to cycle through again for 7 mins

Learning your baby's hunger signs

Signs your baby may be hungry include:

- Becoming more alert and active
- Putting hands or fists to the mouth
- Making sucking motions with the mouth
- Turning the head to look for the breast

Crying can be a late sign of hunger, and it may be harder for the baby to latch if they are upset.

Latching Tips

Nose opposite nipple to start which encourages baby's head to tilt back and mouth open wide

Bring baby to breast (not breast to baby)

Baby's full body turned toward mother "tummy to tummy"

Vitamin D Supplementation

Breast milk alone does not provide infants with enough vitamin D. Vitamin D is needed to support healthy bone development. To meet this need, your baby's provider may recommend that you give your baby a vitamin D supplement of 400 IU each day.

Breastfeeding as Birth Control

Breastfeeding is not a sure way to prevent pregnancy, even though it can delay the return of normal ovulation and menstrual cycles.

Breastfeeding Resources

Massachusetts WIC Program (<https://wicbreastfeeding.fns.usda.gov>)

- Available in Spanish

LaLeche League International (<https://llli.org/>)

- Available in Multiple Languages

CDC.gov/breastfeeding

Office on Women's Health (<https://www.womenshealth.gov/breastfeeding>)

- Available in Spanish

Human Milk Banking Association of America (hmbana.org)

Lactation Counseling at Pediatrics West

Available for all infants by appointment at Pediatrics West (Westford and Fitchburg Offices). Please schedule a visit if you would like to discuss breastfeeding strategies or if you have concerns about milk production, painful or shallow latch, slow weight gain or if recommended by your child's provider.

If you have a lactation appointment scheduled, please bring your baby (ready to eat if possible) and any products / supports you use for feeding at home (pillows, nipple shield, etc).

Sources: The Academy of Breastfeeding Medicine, CDC, Human Milk Banking Association of North America

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