



Carer's guide to the breastfed baby

Baby's name

Mum's name

Contact no.

Notes

e.g. usual feed, sleep, play times

Breastmilk looks different to cows' milk or formula. Breastmilk will form layers when left sitting. You can gently swirl it to mix it again. Breastmilk can have a slight blue, green, yellow or pink tinge.

Breastfed babies often have smaller and more frequent feeds than babies who are fed formula.

Preparing breastmilk

Frozen breastmilk can be warmed quickly or defrosted slowly in the fridge, then warmed. Do not leave frozen breastmilk to thaw at room temperature. To defrost milk quickly, place the bottle or bag of frozen breastmilk in a bowl of warm water. As the water cools, add a little more hot water to the bowl and move the breastmilk around until it's fully defrosted.

Test the temperature of the milk by placing a few drops on your wrist. It should feel warm, not hot.

Preparing
expressed
breastmilk



aba.asn.au/ebm

Storing
expressed
breastmilk



aba.asn.au/storage

Hygiene and food safety

- Wash your hands before you start to prepare a feed.
- Milk that has been thawed in the fridge can be kept in the fridge for up to 24 hours or for no more than 4 hours at room temperature.
- Breastmilk should not be frozen or heated more than once.
- Throw away any unused milk at the end of the feed.
- Do not overheat or use a microwave to thaw or heat breastmilk.



1800mum2mum
Breastfeeding Helpline 1800 686 268



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Feeding expressed breastmilk

Drinking from a bottle can be a different experience for a baby. Some babies accept it quickly while others may need time and patience. If the baby won't take a bottle, you can try feeding the milk in a small cup or a spoon. Older babies may prefer drinking from a straw cup or sipper cup.

Helping
baby take
expressed
breastmilk



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Pacing bottle-feeds

Pacing bottle-feeds helps babies drink at a comfortable pace and stop when they've had enough. This can help avoid wasting expressed milk.

- Check if a nappy change or a cuddle is needed before offering a feed.
- Look for signs that the baby is ready for a feed. This could be sucking fingers or moving their head around with an open mouth.
- Hold the baby in a sitting position. Support the baby's head and neck with your hand.
- Use a slow-flow teat.
- Gently brush the teat down the middle of the baby's lips. Do not push the teat into the baby's mouth.
- Tip the bottle just enough so the teat stays filled with milk.
- Let the baby rest every few minutes.
- Let the baby decide when they've had enough. It's okay if a small amount of milk is left at the end of the feed.

Paced
bottle-
feeding



aba.asn.au/paced

Settling baby

Many breastfed babies are used to being cuddled or rocked to sleep.

Gentle back patting combined with slow side-to-side movement may soothe baby.

Some babies settle well in a front-carry baby sling. The baby should be held high in this type of sling, close enough that you could easily kiss the baby's head.

When mum is returning soon

If the baby becomes unsettled, cuddling, talking softly or offering just a small amount of breastmilk may help. When mum returns, she may wish to breastfeed her baby straight away for comfort, connection and to support her milk supply.

What to do if you are running out of expressed breastmilk

Feed the baby the last of the breastmilk. If they still seem hungry, contact mum if you can. She may wish to return sooner or have another plan for feeding her baby. Young babies who haven't yet started solids should not be given water instead of a feed.