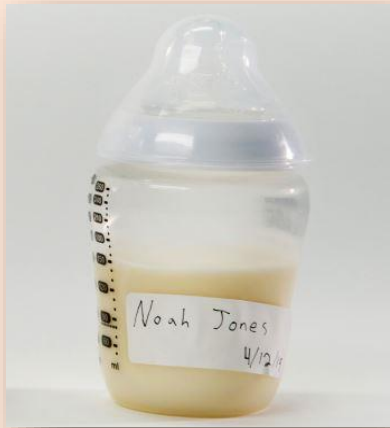


Preparing Breastmilk for Use at Your Child Care Site



Clearly label bottle with **baby's full name, date and time milk was pumped.**

Fill bottles with at least the minimum amount for a meal.

- **0-5 months: 4-6 fluid ounces**
- **6-11 months: 6-8 fluid ounces**
- Bring extra bottles with 1-2 fluid ounces in case baby wants more after feeding



Refrigerate (40 °F) or **freeze** (32 °F) milk right after pumping.

Transport milk to care site in a **cooler** with ice packs to keep it cold.