



Breastmilk at Child Care

- Label each container with child's name, date received, amount, and date expressed, and date frozen, if applicable.

- Use fresh milk first and then frozen milk.

- Refrigerate promptly.

- Use the unfrozen (fresh) milk within 2 days (48 hours).

- Keep back-up supply for each child in the freezer.

Mommy's Milk	
Baby's Name:	
Date to Provider:	
Amount:	
Date Expressed	
Date Frozen	
* Use unfrozen (fresh) milk within 48 hours or give back to parents	

- Use the frozen milk within 3 months.

- Thaw frozen breastmilk by placing container under running water or in a warm water bath. Do NOT microwave breastmilk.

- Swirl the milk to mix it.

- Use the warmed bottle within 4 hours.

- Return unused fresh milk (after 2 days) and frozen milk (after 3 months) to parents.

Sources:

- Nebraska Child Care Licensing Rules and Regulations (2013): http://dhhs.ne.gov/publichealth/pages/crl_childcare_childcareindex.aspx
- ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants (Original Protocol March 2004; Revision #1 March 2010): <http://www.bfmed.org/Media/Files/Protocols/Protocol%208%20-%20English%20revised%202010.pdf>