

Guidelines for Thawing Frozen Breast Milk*

✓ DO

- ✓ Thaw container of frozen breast milk gradually in the refrigerator, under increasingly warm running water or in a bowl of warm water.
- ✓ After the thawing is complete, gently swirl the container to mix the milk before feeding it to the baby because the milk may separate while standing.

✗ DO NOT

- ✗ Defrost container of breast milk by using boiling or very hot water.
- ✗ Defrost container of breast milk in a microwave oven. Uneven heating may cause "hot spots" that could burn your baby. Also, microwaving may alter proteins and destroy some protective components of the milk.

(Please refer to the *Powder Mixing Instructions* insert in this packet for proper formula preparation)

It's a good idea to keep track of your baby's feedings (expressed breast milk or formula) and your baby's wet diapers and stools. Use this handy diary for yourself or to provide direction for baby's child-care provider.

		FEEDINGS	WET DIAPERS & STOOLS			
DATE	TIME	BREAST MILK OR FORMULA	TIME	WET DIAPERS	STOOLS	COMMENTS
		<input type="checkbox"/> Breast Milk _____ ounces <input type="checkbox"/> Formula _____ ounces				
		<input type="checkbox"/> Breast Milk _____ ounces <input type="checkbox"/> Formula _____ ounces				
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		<input type="checkbox"/> Breast Milk _____ ounces <input type="checkbox"/> Formula _____ ounces				

FEEDING DIRECTIONS: _____

*Adapted from:
 Academy of Breastfeeding Medicine, Clinical Protocol 8, *Human Milk Storage*, 2004.
 Lawrence RA, Lawrence RM: *Breastfeeding: A Guide for the Medical Profession*, 6th ed.
 Philadelphia: Elsevier Mosby, 2005.
 Robbins ST (ed): *Infant Feedings: Guidelines for Preparation of Formula and Breastmilk in Health Care Facilities*. Chicago: American Dietetic Association, 2004.

