

Breastmilk Storage Guidelines

(For Healthy Full Term Babies)

Freshly Expressed

Storage Temperature	Storage Time
Room Temperature (60°F - 85°F)	4hrs optimal 6-8hrs acceptable*
Cooler with 3 Frozen Ice Packs (5-39°F)	24 Hours
Refrigerator (39°F)	4 days optimal 5-8 days acceptable*
Freezer (0°F)	6 months optimal 12 months acceptable

*Under very clean conditions

Academy of Breastfeeding Medicine: Clinical Protocol #8; 2017

Thawed Breast Milk in Refrigerator Not Warmed

Storage Temperature	Storage Time
Freezer (0°F)	Do Not Refreeze
Refrigerator (39°F)	24 Hours
Room Temperature (60°F – 85°F)	4 Hours
Cooler with 3 Frozen Ice Packs (5-39°F)	4 Hours

Academy of Breastfeeding Medicine: Clinical Protocol #8; 2017

Call us today!
(716) 439-7431

We offer education and outreach in addition to our free individualized breastfeeding support.



Website:

<http://www.niagaracounty.com/health/Services/Lactation-and-Breastfeeding>



Like us on Facebook!

<https://www.facebook.com/niagaracountyhealth>

Director of Public Health Planning & Emergency Preparedness
Elise Pignatora MS, CLC
Office: (716) 439-7431
elise.pignatora@niagaracounty.com

Niagara County

5467 Upper Mountain Rd, Suite 100
Lockport, New York 14094

Breastfeeding – a public health imperative



For breastfeeding support or to request more information, call:

**Niagara County
Department of Health
Lactation Program
716-439-7431**

Niagara County Department of Health

Division of Planning



Public Health
Prevent. Promote. Protect.

Break Time for Nursing Mothers

The Fair Labor Standards Act (FLSA) and NYS Labor Law Section 206-c requires employers to provide **break time and space** for a mother to express breast milk for her child for up to 3 years after her child's birth.

- Employers must provide employees reasonable break time to express breast milk
- Employers must not discriminate against women for expressing milk in the workplace
- The **space** must be:
 - functional for expressing milk
 - shielded from view
 - free from intrusion
 - available as needed, **AND**
 - **NOT** a bathroom.

NOTE: Employers are not required to pay nursing mothers for breaks taken for the purpose of expressing milk. However, where employers already provide paid breaks, the employer must pay an employee who uses those breaks to express milk.

Preventing Birth Defects

Although not all birth defects can be prevented, you can take steps to increase your chance of having a healthy baby:

- Plan ahead & get as healthy as possible BEFORE becoming pregnant, and maintain healthy practices throughout your pregnancy
- Get 400 micrograms (mcg) of folic acid every day, ideally starting 1 year before pregnancy
- Avoid exposure to harmful substances, drinking alcohol & smoking (as nicotine in any device is harmful)
- Eat a healthy diet that includes fruits, vegetables, whole grains, low fat dairy, & lean proteins
- Make sure you & your families are up to date with all recommended vaccinations.
 - Annual Flu Shot
 - Tdap with every pregnancy
 - Live vaccines such as measles-mumps-rubella [MMR] and chickenpox cannot be given during pregnancy. If you need these vaccinations, get them at least a month before you become pregnant.)
- Be physically active
- Work to get medical conditions like diabetes under control. If you need help with diabetes, we have workshops that can help you; call the Nursing Division at 716-278-1900
- Talk to your doctor & get a medical checkup. Discuss all medications, both prescription and over-the-counter. Review your family history.
- Prenatal care throughout pregnancy

http://www.nbdpn.org/docs/BDprevention_pampletEng.pdf

Health Benefits for Mom & Baby

Breastmilk is best for your baby, & the benefits of breastfeeding extend well beyond basic nutrition.

In addition to containing all the vitamins and nutrients your baby needs in the first 6 months of life, breast milk is packed with disease-fighting substances that protect your baby from illness.

The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for the first 6 months, followed by breastfeeding in combination with the introduction of complementary foods until at least 12 months of age.

Scientific studies have shown **breastfeeding benefits you and your baby, including:**

Baby:

- protection from a long list of illnesses (i.e. stomach viruses, lower respiratory illnesses, ear infections, meningitis, etc.)
- protection from developing allergies, obesity and diabetes
- lower risk of sudden infant death syndrome (SIDS)

Mother:

- reduction stress and risk of postpartum depression
- lower risk of developing diabetes
- reduce risk of some types of cancer
- help you return to your pre-pregnancy weight