

# LEAPS

learning eating active play sleep

## Expressed Breast Milk and Infant Formula

LEAPS

eating

### Transporting Expressed Breast Milk (EBM) and Infant Formula

- It is safer to send pre-measured infant formula in one container and cooled boiled water in a bottle for educators to make up when required, rather than prepared formula
- Ensure the EBM or prepared infant formula is cold before transporting
- EBM and prepared infant formula must be transported in an insulated container with an ice brick
- Place the labelled milk in the refrigerator immediately upon arrival
- EBM should be transported in bottles or specialised EBM storage bags



### Storing EBM and Infant Formula

- EBM and prepared infant formula must be kept at the back of the refrigerator (<math><5^{\circ}\text{C}</math>)
- Discard any EBM or infant formula left in the bottle after a feed
- Discard prepared infant formula after 24 hours (1 day)
- Discard unused EBM after 72 hours (3 days)

### Heating EBM and Infant Formula

#### ***EBM and infant formula should NOT be heated using a microwave***

- Microwaves heat unevenly and continue to heat the milk following removal from the microwave.
- When milk becomes overheated, it can burn the baby's mouth and throat, and high temperatures can destroy valuable nutrients

The **recommended**, best and safest method to warm prepared formula or EBM is to stand the bottle in a container/jug of warm (not boiling) water for no more than 15 minutes

Regularly shake the milk to mix it and test the temperature before feeding it to the baby

- Most babies prefer milk to be warmed to body temperature
- Test the bottle temperature with a few drops on the inside of your wrist – it should feel warm, but cool is better than too hot

**DO NOT re-heat bottles. Discard any leftover milk from a feed**