



Breast Milk Storage & Feeding – Parent Guide

We are proud to support breastfeeding families and will ensure your expressed breast milk is handled safely and with care.

Providing Breast Milk - Please ensure all milk:

- Is in a **sterilised container** or breast milk storage bag
- Is **clearly labelled** with:
 - Your child's full name
 - Date expressed
 - Is provided in **small quantities** where possible (to reduce waste)

How We Store Milk

- We use a separate mini fridge just for breast milk
- The fridge is kept as cool as possible, aiming for 4°C
- As we cannot consistently maintain a temperature of 4°C, we will only store breast milk in the fridge for a maximum of **3 days**
- We carefully organise and check labels to ensure the correct milk is given to your child

Storage Guidance

Breast milk can be safely stored:

- In the fridge for up to **3 days** (in line with our setting's temperature control)
- In a freezer (-18°C or below) for up to 6 months

Defrosting & Warming

- We defrost milk **in the fridge** where possible
- If needed quickly, we use **warm water**
- Milk is gently warmed using **warm water only**

 **We never use microwaves**, as they can cause hot spots and damage nutrients.

Important Information

- Once defrosted, milk must be **used immediately**
- Any milk left after a feed will be **thrown away**
- Defrosted milk is **never refrozen**

Working Together

- Any unused milk will be **returned to you** or disposed of with your agreement
- If you have any preferences or questions, please speak to a member of the team

Thank you for working with us to keep your child safe, healthy, and well supported 