



**COUNTY OF SAN BERNARDINO  
PRESCHOOL SERVICES DEPARTMENT  
POLICY**

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EFFECTIVE: 12-20-10  
Updated

**SUBJECT:**

Breastfeeding Education and Promotion,  
Transporting and Storing Breast Milk at Centers

**APPROVED: 12-20-10**

  
**BY: Ron Griffin, Director**

**PURPOSE**

Proper storage of breast milk and infant formula to prevent spoilage.  
Promote the advantages of breastfeeding to both infant and mother.

**POLICY**

Breast feeding are promoted and accommodated for Early Head Start children while at the center.

**REFERENCE**

Head Start Performance Standards: 1304.23(a)(3), 1304.23(e)(1)&(2), 1304.40(C)(3)

**PROCEDURE**

Human Breast milk is the ideal nourishment for infants 0-1 year. Its protein and fat content is more easily absorbed and digested. Breast milk also protects infants against certain diseases, infections, and allergies. The Early Head Start staff should work closely with the lactating mother to properly handle breast milk.

To support breastfeeding sites should:

- Provide a quiet, comfortable and private place to breastfeed.
- Place to wash hands
- Pillow to support her baby on her lap while nursing.
- Provide educational information, materials and or training on benefits of breastfeeding for parents and staff.

Transporting and storing breast milk before arriving at the site:

Breast milk needs to be stored and handled safely to keep it from spoiling therefore ask mothers to:

- Store their breast milk in the refrigerator or freezer right after they express it and label the disposable container or bottle with:
  - Baby's full name
  - Date and time the breast milk was collected.
- Transport bottles of fresh or frozen breast milk to the facility in a cooler with an ice pack to keep the milk at a cold temperature.

Handling and storing breast milk at the site:

"When breast milk is brought to site, staff must:"

- Make sure each bottle is clearly labeled with the correct baby's name. Never accept an unlabeled bottle from a parent.
- Refrigerate bottles immediately when they arrive.

- Use bottles of breast milk only for the baby for whom they are intended.
- To prevent spoiling, do not allow bottles to stand at room temperature.
- Use refrigerated bottles of fresh breast milk kept at 40°F within 48 hours.
- Do not save and reuse breast milk leftover from bottles.

"Preparing and using stored breast milk for feeding:"

- Wash your hand using proper hand washing procedures
- Thaw only as much frozen breast milk as you think a baby will need for a feeding. Do not thaw frozen breast milk at room temperature, by heating on a stove, or in a microwave. Heating damages special substances in breast milk that protect baby's health.
- Thaw a bottle of frozen breast milk in the refrigerator or hold it under warm running water.
- If breast milk has a bad odor after thawing, it may have spoiled and should be thrown out.
- Once thawed do not refreeze breast milk.
- Gently shake the bottle of breast milk to ensure that the temperature is evenly distributed and the contents are mixed.
- Feed immediately, throwing out any unused breast milk left in a bottle.