

How do I Feed my Baby Expressed Breastmilk?

Breastmilk is a living food. It contains antioxidants, prebiotic, probiotic, antibacterial and immune-boosting properties.

Some nutrients and health properties can be lost when breastmilk is frozen, defrosted, warmed up or stored incorrectly.

When using expressed breastmilk:

- Thaw frozen milk slowly in the refrigerator or at room temperature. Do not microwave, as it removes the immune benefits and can create hot spots.
- Whenever possible, give your baby breastmilk that has been freshly expressed before using frozen.

Methods for Feeding Expressed Breastmilk

Cup Feeding:

- Pour expressed milk into a small, flexible plastic cup. Do not fill more than half full.
- Hold the cup to your baby's lips and tilt it up until the milk reaches your baby's lips.
- Allow your baby to lap up the milk at their own pace, do not pour the milk into your baby's mouth.



Spoon Feeding:

- Place the tip of the spoon on your baby's lower lip.
- Offer small amounts of milk and allow your baby to take the milk and swallow at their own pace.

Paced Bottle Feeding:

- Select a medium or wide base nipple with a slow flow.
- Hold your baby almost upright, supporting their head and shoulders with your hand.
- Touch the nipple to your baby's lower lip to encourage them to take the nipple into their mouth with a deep latch.
- Hold the bottle horizontal.
- Feeding should take 15-30 minutes. If your baby is feeding too quickly, tip the bottle down or remove it from their mouth to slow the pace.



Halton Baby-Friendly Initiative
Breastfeeding Basics

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