

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

- It is best practice for parents to send in pre-measured infant formula in one container and cooled boiled water in a bottle for educators to make up when required
- EBM and prepared infant formula must be transported in an insulated container with an ice brick
- EBM should be transported in bottles or specialised EBM storage bags



## Storing EBM and Infant Formula

- EBM and prepared infant formula must be kept refrigerated (<5°C)
- Discard any EBM or infant formula left in the bottle after a feed

## 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. This results in milk becoming overheated, which can burn the baby's mouth and throat and destroys valuable nutrients

The **recommended**, best and safest method is to immerse the bottle in a container/jug of warm (not boiling) water for a few 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 by shaking the bottle and sprinkling a few drops on the wrist. No heat should be felt

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

## Enjoyable Feeding

For both you and baby to enjoy bottle feeding ensure the following:

- You and baby are both comfortable
- The milk is at the correct temperature
- Relax, hold baby close and avoid interruptions

