



## National Breastmilk Feeding Recommendations & Guidelines

- Breastmilk is considered as food by CDC and OSHA. Breastmilk is NOT a bodily fluid and does NOT require universal precautions. View the CDC guidelines at [www.cdc.gov/breastfeeding/faq/index.htm](http://www.cdc.gov/breastfeeding/faq/index.htm) and OSHA ruling at [https://www.osha.gov/pls/oshaweb/owadisp.show\\_document?p\\_table=INTERPRETATION&p\\_id=20952](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=INTERPRETATION&p_id=20952)
- American Academy of Pediatrics reaffirms its recommendation of exclusive breastfeeding for about 6 months followed by continued breastfeeding as complementary foods are introduced with **continuation of breastfeeding for 1 year or longer** as mutually desired by mother and infant. ....end of document last paragraph - Research and practice in the 5 years Since publication of the last AAP policy statement have reinforced the conclusion that breastfeeding and the use of human milk confer unique nutritional and nonnutritional benefits to the infant and the mother and in turn optimize infant child and adult health as well as child growth and development. Recently published evidence-based studies have confirmed and quantitated the risks of not breastfeeding. Thus infant feeding should not be considered as a lifestyle choice but rather as a basic health issue. As such the pediatrician's role in advocating and supporting proper breastfeeding practices is essential and vital for the achievement of this preferred public health goal.  
[www2.aap.org/breastfeeding/files/pdf/Breastfeeding2012ExecSum.pdf](http://www2.aap.org/breastfeeding/files/pdf/Breastfeeding2012ExecSum.pdf)
- World Health Organization recommends mothers worldwide to exclusively breastfeed infants for the child's first six months to achieve optimal growth, development and health. Thereafter, they should be given nutritious complementary foods and **continue breastfeeding up to the age of two years or beyond.**  
[www.who.int/mediacentre/news/statements/2011/breastfeeding\\_20110115/en/](http://www.who.int/mediacentre/news/statements/2011/breastfeeding_20110115/en/)
- Mothers who desire to continue providing breastmilk for their child for longer than one year should be encouraged to do so.

### Breast Milk Storage Guidelines - for the Child Care Facility

Location	Temperature	Storage Time	Comments
Refrigerator - fresh milk	40° or below	48 hours	Store milk towards the back of the refrigerator.
Refrigerator - previously frozen milk	40° or below	24 hours	Do not re-freeze.
Freezer	0° or below	3 months	Store towards the back of the freezer.

Sources: *Florida Administrative Code, Child Care Standards, 2013* and the *Academy of Breastfeeding Medicine, 2010*.

- Breast milk is considered a food - no special precautions are needed.
- Refrigerate bottles immediately when brought to the facility.
- Use the oldest milk first.
- Thaw frozen breast milk in the refrigerator or under cold running water
- Warm milk by placing in a container of warm (not hot) water or under warm running water.
- Throw out any unused milk left in the bottle after a feeding or within 1 hour.
- Ask the parents if they would like any leftover milk sent home.