

Contact Phone Numbers:

Mom at work: _____

Mom's cell phone: _____

Dad at work: _____

Dad's cell phone: _____

Contact Phone Numbers:

Mom at work: _____

Mom's cell phone: _____

Dad at work: _____

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Special Notes:

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Maryland WIC

Better Nutrition Brighter Future

1-800-242-4942 | www.mdwic.org



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Boyd Rutherford, Lt. Governor
Dennis R. Schrader, Secretary, MDH

This Institution is an equal opportunity provider.

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Tips For Your Child's Sitter

Congratulations on supporting this breastfeeding mom and baby! These tips can help you:

- ♥ Breastfed babies like to be held while feeding. They often feed more slowly and may take less milk than those who are not breastfed. This is okay.
- ♥ Breast milk looks thin and often bluish-white. Each bottle of milk may look different. The milk may separate into two layers in the bottle. Gently swirl to mix before feeding.
- ♥ Try not to feed the breastfed baby right before his mom is expected to pick him up.
- ♥ Provide mom with a comfortable place to nurse when she arrives to drop off and pick up her baby.

Storing Breast Milk

- ♥ Federal health guidelines recommend storing breast milk in a standard refrigerator, alongside other foods.
- ♥ Store breast milk toward the back of your refrigerator or freezer.
- ♥ Freshly pumped milk should be refrigerated and used within hours 4 days. Use or discard thawed breast milk within 24 hours (1 day).
- ♥ Keep a small amount of breast milk, labeled with the date of pumping, in your freezer in case extra is needed. Use within 3 to 6 months of the labeled date.

Warming Breast Milk

Warm or thaw breast milk by placing the bottle in a bowl of warm water or holding it under warm, running water. **Never use a microwave or heat on the stove.** High heat can harm breast milk. Microwaves can cause hot spots that could burn the baby.

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