

HOW TO WARM UP *breast milk*



WARM WATER BATH

Place a closed bottle or bag of breast milk into a bowl of warm water for a few minutes.



RUNNING WATER

Place a closed bag or bottle of breast milk under running warm (not hot) tap water.



BOTTLE WARMER

Follow the instructions on your device (these vary based on manufacturer). Be careful not to overheat breast milk in a bottle warmer.



Test the temperature of the breast milk before feeding it to your baby by gently swirling it and putting a few drops on your wrist - it should feel relatively neutral against your skin.



- Do not heat breast milk directly on the stove, in the microwave, or under hot running tap water.
- Too much heat can damage or destroy nutrients in breast milk.
- Microwaves can create hot spots which can burn a baby's mouth.



It is safe to give baby cold breast milk, but because breast milk usually comes straight from mom, babies are used to lukewarm, body temperature milk.

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