2ND MONTH

WHAT TO FEED
❖ Only breast milk and formula are supposed to be fed

HOW MUCH A DAY
❖ 4 to 6 ounces per feeding, 5 to 6 times in a day
❖ Should be fed about 6 to 8 times a day

WHAT TO AVOID
❖ Solid food items should not be given

3RD MONTH

WHAT TO FEED
❖ Only breast milk and formula are supposed to be fed

HOW MUCH A DAY
❖ Feed your baby every 4 to 5 hours. 20-24 ounces per day.

WHAT TO AVOID
❖ Solid food items should not be given
Planning to Breastfeed

- **Nipple cream**: Soothes sore nipples. Ask your midwife to check your baby is latching on correctly too.
- **Nipple shields**: Keep on hand to use temporarily and give sore nipples a break.
- **Cool gel pack**: Ideal for the early days when your breasts may feel uncomfortable.
- **Breastfeeding scarf**: Very useful for discreet feeding on the go.
- **Breast pads**: Wear these inside your nursing bra to avoid damp patches.
- **Nursing bra**: Offers support and helps you feed discreetly.

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**milkies**

**Guidelines For Storing And Thawing Breast Milk**

<table>
<thead>
<tr>
<th>Room Temperature</th>
<th>Cooler with 3 Frozen Ice Packs</th>
<th>Refrigerator</th>
<th>Freezer</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-6 hours at 66-78°F (19-26°C)</td>
<td>24 hours at 59°F (15°C)</td>
<td>up to 8 days at 39°F or lower (4°C)</td>
<td>up to 12 months 4°F or lower (-18°C)</td>
</tr>
</tbody>
</table>

**Thawing**: Breast milk can be thawed in the refrigerator in 8-12 hours, under warm water in about 20 minutes, or in a bottle warmer in about 15 minutes. Separation is normal, swirl gently to mix. Do not microwave.