

**McLaren Print System Order**

Order No: 88556  
 Order Date: 2024-09-29  
 User: charnell mcqueen  
 Phone: (810) 342-2279

Ship Location: Charnell McQueen  
 401 S. Ballenger Hwy  
 Flint, MI 48532

Brochures  
 Quantity: 100  
 Paragon Dept No: 30185  
 Dept Name: 7S LDRP  
 Company Number: 60

Order Total Price: 80.00

Item Number: M-10370  
 Item Description: Breastmilk Storage Magnet  
 Revision Date: 06/2023  
 Print:  
 Paper:  
 Size:  
 Fold:  
 Finish:  
 Drill:  
 Poster:  
 Misc Info: 4x7 Magnet with rounded corners

**BREAST MILK STORAGE GUIDELINES FOR HEALTHY BABIES**

Type of Breastmilk	Room Temperature 60-75°F	Refrigerator 40°F	Freezer 0° or colder (-18°C)	Deep Freezer 4°F (-20°C)
Freshly expressed/ pumped	4-8 hours 4 hours ideal	4-8 days 4 days ideal	3-6 months 3 month ideal	6-12 months is acceptable
Thawed, Previously Frozen	1-2 hours	Up to 1 day after it has been thawed (24 hours)	Never refreeze human milk after it has been thawed	Never refreeze
Left over from a feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished the feeding			

- Wash hands before nursing or pumping.
- Use "oldest" milk first. Label milk with date.
- Thaw milk in refrigerator overnight or hold bottle under warm running water or place in warm bowl of water.
- To bring milk up to body temperature, place sealed container in a bowl of warm water for 20 minutes.
- Thawed milk is safe in refrigerator for 24 hours.
- NEVER refreeze milk.
- NEVER microwave breast milk.

**McLaren**  
FAMILY BIRTHPLACE

**Spec Info:**  
 If you have questions or concerns, call McLaren's lactation consultant or midwives:  
**Leslie Yocom, RNC-OB, LCE, IBCLC** – available for appointments or calls, (810) 342-5616  
**Lisa Cavett, MSN, CNM** – available for lactation appointments, call (810) 342-1750  
**Rachelle Marble, MSN, CNM** – available for lactation appointments, call (810) 342-1750