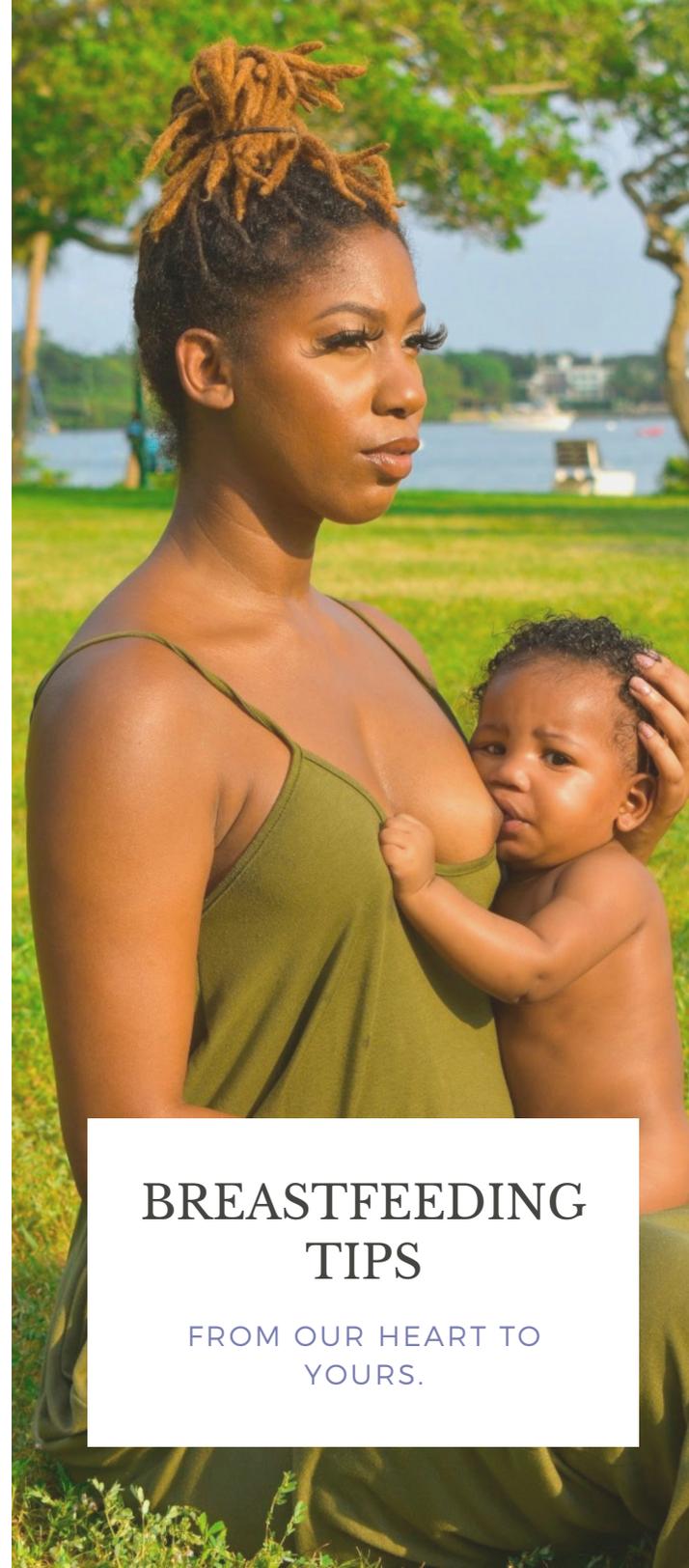


*”My body, my life,  
became the landscape  
of my son’s life. I am no  
longer merely a thing  
living in the world; I  
am a world.”  
-Sarah Manguso*



## CONTACT US

b-mom.org  
[https://www.instagram.com/b.mom\\_/](https://www.instagram.com/b.mom_/)



## BREASTFEEDING TIPS

FROM OUR HEART TO  
YOURS.

# HUMAN MILK STORAGE GUIDELINES

	Storage location and temperatures		
Type of breast milk	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly expressed or pumped	Up to <b>4 Hours</b>	Up to <b>4 Days</b>	Within <b>6 months</b> is best Up to <b>12 months</b> is acceptable
Thawed, previously frozen	<b>1-2 Hours</b>	Up to <b>1 Day</b> (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a feeding (baby did not finish the bottle)	Use within <b>2 hours</b> after the baby is finished feeding		

*(CDC, human milk storage guidelines.1/2022)*



## BREASTFEEDING AND PARTAKING

### Alcohol

*(Based on ACOG/American college of Ob/GYN, AAP/ American Academy of Pediatrics and WHO/ World Health Organization)*

#### Occasional alcohol use is acceptable.

8oz of wine, 2 cans of beer per day are allowed but you should wait 2 hours after the last drink to breastfeed your baby.

At B'mom we encourage mothers to wait between 3-4 hours after a single drink, in order to ensure a clean breastfeeding.

Be organized and plan on pumping and storing your milk in order to be able to keep up with this window.

Please note that pumping and dumping breast milk doesn't speed the elimination of alcohol from your body.

However, if you know you'll be missing a breastfeeding session, pumping and dumping will help you maintain your milk supply and avoid engorgement. (Elizabeth Lafleur, RN)

### Cigarettes

Half of the nicotine inhaled clears from the breastfeeding milk after 95 minutes, our advice is to wait as long as you can before breastfeeding your baby again.

### Marijuana

There is a lack of data to support the use of cannabis during breastfeeding. But there is some evidence of a negative impact on the f-brain development...

Women who consume cannabis while breastfeeding are invited to reduce the amount of cannabis used to a lower percentage of active ingredients.

If you have a substance abuse disorder, please consult your primary care provider for better support and treatment. *(National library of Medicine 2020)*