

SAFE WAYS AND TIPS FOR THAWING STORED BREAST MILK



Thaw the oldest stored breast milk first.



Thaw frozen breast milk by keeping its bottle in the refrigerator overnight, placing the bottle in a container of lukewarm/warm water, or holding the bottle under running lukewarm water.



Avoid using a microwave as it may deteriorate the nutritional value and create spots too hot for the baby.



Use the milk within two hours of it reaching room temperature. Avoid refreezing thawed milk.



Reference

Proper Storage and Preparation of Breast Milk; CDC



Mom Junction

Source: https://www.momjunction.com/articles/can-babies-drink-cold-breast-milk_00788180/