

Time	Narration
00:01	Welcome to the <b>Spoken Tutorial</b> on Storage of expressed breastmilk.
00:06	In this tutorial, we will learn- how to store expressed breastmilk safely for later use.
00:14	Let us begin. Expressing breastmilk has many benefits for the baby and the mother.
00:21	Expressing breastmilk by hand is explained in another tutorial in the same series.
00:29	Expressed breastmilk must be handled and stored safely.
00:34	Doing so, will maintain its high quality for the baby.
00:39	Before handling breastmilk, Mother should wash her hands with soap and water and dry them properly.
00:46	To store breastmilk, Mother should use steel or glass wide-mouth containers that can be kept covered.
00:56	Though steel containers are recommended, we will use glass containers in some of the pictures.
01:03	This will help us to clearly see the milk inside the container.
01:09	Next, the mother should wash the chosen containers in soap and water.
01:14	After that, she should keep the containers in boiling water for at least 10 minutes.
01:21	Then, she should either air dry the containers completely or wipe them dry with an unused clean cloth.
01:31	The containers should never be dried with a used cloth such as a used kitchen cloth.
01:40	After the clean container is dried completely, she should pour the expressed milk into the containers.
01:48	Mother should store only enough milk for one feeding or about 60 to 90 milliliters of milk in each container.
01:58	If the mother plans to freeze her breastmilk, she should leave an inch of space at the top of the container.  Because breast milk expands as it freezes.
02:12	She should label each container with the date and time of milk expression.
02:18	Then she should store these breastmilk filled containers in the coldest possible place.
02:25	If she has a fridge, it is best to save the milk there.
02:30	She should store the breastmilk in the back of the lowest shelf of the fridge.  This is the coldest area of a fridge.
02:40	Never store the breastmilk in the door of a fridge.
02:44	The lower the temperature of storage, the longer the storage time.
02:49	Breast milk can be stored for up to 7 days in a fridge under clean conditions.
02:56	It must be kept cold consistently.
02:59	Remember, the more often the fridge door is opened, the more likely the temperature will rise.
03:07	If the fridge temperature rises during storage time due to a power cut or other reasons then the mother should use the breastmilk within 6 hours.
03:18	If the breastmilk is not used within 6 hours, then she should throw it away.
03:26	If the mother doesn't have a fridge then breast milk can be stored up to 6 hours in a safe,

	cold and dark place in the house.
03:39	If the room is hot, she can store the breastmilk near an earthen pot filled with cold water or in a vessel filled with cold water.
03:50	Fresh breast milk contains infection-fighting factors.
03:57	Therefore it can stay unspoilt longer than cow's milk.
04:03	Germs do not start growing in fresh breast milk for at least 6 hours, even in a hot climate and outside the fridge.
04:15	Another way to store breastmilk outside the fridge is by using a cool bag or box with deep-frozen ice packs, changed every 24 hours.
04:27	The milk must be protected from the ice packs or it may freeze.
04:33	The cool bag can also be used to carry milk.
04:38	If the breast milk is to be stored for longer than 7 days, Mother should freeze it as soon as possible after expressing.
04:49	Milk which is frozen solid in the freezer of a fridge will be good for 2 weeks.
04:56	Milk stored in a separate freezer will be good for 3 to 6 months.
05:04	When this previously frozen breast milk is defrosted by keeping it overnight on the lowest shelf of the fridge, it should be used within 24 hours.
05:17	And when it is defrosted outside the fridge, it should be used within 2 hours.
05:25	In other tutorials, we have explained how to make stored breastmilk ready for the baby to drink.
05:31	And, how to feed expressed breast milk to the baby.
05:37	This brings us to the end of this tutorial.  Thank you for joining.