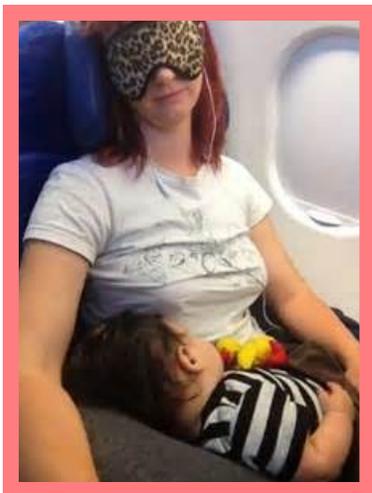


# Top 10 Traveling Tips For Your Breastfed Baby



1. Stress can affect supply. Be realistic about time, nursing and sleeping.
2. Be consistent with feedings. Traveling disrupts baby's schedule and breastfeeding can be the thing that remains consistent in helping calm your baby and maintain your supply.
3. Wear your baby, you will have closer contact, be hands free and no bulky items to carry on the plane. Baby wearing also helps for discrete breastfeeding and more skin to skin contact.
4. Declare any pumped breast milk to TSA when traveling. It is acceptable to have more than 3.4 oz containers and to carry as much as you need.
5. Nurse baby during takeoff and landing to help keep them comfortable and minimize crying.
6. Do not breastfeed your baby while baby is in their car seat and the car is moving but plan for extra stops. Do not prop bottles of breast milk.
7. If pumping, have cleaning supplies that do not require water.
8. Keep breast milk safe while traveling!
9. Know the breastfeeding resources in your destination; IBCLCs, CLCs, La Leche League and retail outlets for breast pump parts.
10. When traveling out of the country, most vaccines are safe for breastfeeding. Discuss all vaccinations and medications with your doctor.

## Breastfeeding in Public

You can do it!

- All states except Idaho protect breastfeeding in public. Most countries do not need breast feeding protection laws as it is more acceptable in many parts of the world, but know what the cultural levels of acceptance are.
- Wearing your baby can help with discreet breastfeeding! Babywearers of Bozeman would love to help you get comfortable nursing in your carrier before your trip! Contact them today!
- Wear comfortable clothes that are easy to nurse in. For discrete nursing, a cover, shawl or scarf can help if you are worried about nursing in public.
- Look for the international breastfeeding symbol when traveling. Many airports, sport stadiums and resort destinations have lactation rooms or breastfeeding spaces that are more comfortable.
- Practice at home!



## Safely Storing and Thawing Breastmilk

*Protecting your babies digestive system!*

- Room temperature up to 77 degrees: **6 to 8 hours**
- Insulated cooler bag with frozen ice packs: **24 hours**
- Refrigerator: **3 to 5 days**
- Refrigerator freezer: **3 to 6 months**
- Deep freezer: **6 to 12 months**
- Thaw in the refrigerator or in a bowl of cool water.
- Warm under warm tap water, in a thermos of hot water or a bottle warmer but **DO NOT** microwave or boil breast milk.