

# 5 Tips I Followed To Store Breastmilk Safely | @AnupamaVriksham

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<https://www.youtube.com/watch?v=pd3G0dwpFvk>

## SUMMARY

*The discussion focuses on the challenges and strategies of breastfeeding while managing work and family responsibilities. The speakers share personal experiences and practical tips for new mothers to successfully navigate breastfeeding, including the importance of family support and effective pumping techniques.*

- *Breastfeeding requires family cooperation; clear communication about needs is essential.*
- *The "first in, first out" method is crucial for storing breast milk effectively.*
- *Pumping can be overwhelming, but creating a stash can help working mothers maintain breastfeeding.*
- *Room temperature storage for breast milk is safe for 3-4 hours.*
- *Pumping before feeding the baby can make the process easier and less painful.*
- *Early morning is an optimal time for pumping to maximize milk production.*
- *Using insulated bags for transporting breast milk helps maintain its quality.*
- *Emotional challenges, such as the fear of wasting pumped milk, are common among breastfeeding mothers.*

when I take my classes okay those three hours it's my mother-in-law and my husband who's taking care of the baby so we had to like come there were some things that I gave in they were some things that they gave me I was like whatever happens only breast milk I don't know if you guys have been following but she is a fabulous fabulous woman of impact she's covering so much she's covering pre-pregnancy post pregnancy breastfeeding she's creating such an

impact with so many mums out there and I thought it would be an incredible way to kind of connect with her at this point in time so nice to see you hi hi you are doing an incredible job you are doing an incredible job people are thank you so much yes and and we've already been bombarded with a whole bunch of questions oh my God okay I'm ready how long we can keep the milk in room temperature you know

when I started when when I my Elder one was about two and uh you know was about uh when she was just born and I had to literally go back to work in the next 15 days because you know this was the 2008 the Lehman crash and I had to retain my job so I literally went back to work in 15 years and and guys it's I I cannot tell you the stash that I had created

um over pumping after the first 45 days pumping and storing pump I actually bought a small refrigerator to just store that stash of breast milk because it was my savior in in many ways to retain while I I pursued a full-time job um and you know my mother-in-law had to you know had to like educate her in the whole process of first in um

you know first in last uh you know first in um first out method right like it is gone

in first me I got those breast milk bags labeled them all you know told her how to throw thaw their breast milk and you know even at those point in times like while my mother-in was very Cooperative I do believe that a lot of women will face resistance but you have to hold your fort that time and say that no this is what I want to do and you have to get your family to kind of support you in your vision to

breastfeeding I don't think you can do it alone do you kind of agree to that yeah yeah so even in my own case okay what happened was like and you have to have a win-win okay it's not like everything see at the end of the day when I take my classes okay those three hours it's my mother-in-law and my husband who's taking care of the baby so we had to like come there were some things that I gave in they were some

things that they give I was like whatever happens only breast milk and they were like okay but what happened was like I wanted a cup feed because I personally don't like bottle feeding but it was impossible for them to use the cup they were spilling milk it was not happening and they were not confident the trauma of losing pumped breast milk is too much yeah I I don't think that

that's yeah I think that it's just pain like even if little bit was left I was like oh my God please don't waste it yeah you know what the one which stays back in the pump you know the flange yes that you mentioned that no all of us all of us but guys you can store that breast milk and Anu correct me if I'm wrong but you can store that at room temperature for about three to four hours yeah for

us for three days and all in the first track in the end so literally I I remember doing this each time I would pump I would literally put that right at the back of the of the

freezer and then slowly bring the others forward and it's such a meticulous task right um but but we all go through that because I mean like I I Punk very I mean compared to you were a full-time working mother no so I take classes like only on weekends and that's the only time for that itself I'm feeling like oh my God pumping is a big thing and I'm just like all those mothers will be pumping and

bumping my God you'll all know and they're happy right now the hack there is to always and I've I've got this question a lot of time from people guys also always make sure that you pump first and then feed your baby because like yeah it's on Demand right and when you pump first when your breasts are full it's much easier for the milk and it pains a little less while it now the pumps are super Advanced but if you're

pumping like me which is every couple of hours because I was actually working so I'd carry the pump to work as well but the idea is to always come first and feed the baby later because when the baby feeds on empty breasts you don't feel a thing it's so seamless it's it's painless yeah yeah um so it made made complete sense and then when I was to even feed an office um you know and I had this insulated bag

and I carry all the the breast bags back with me or the cups or whatever it just made it a lot lot easier so a quick hack there is just make sure that you pump first so it's just like a breeze like you'll fill a couple of you know three four bottles of of uh seven ounces each so easily so that's brilliant early morning is the best okay so that the eye pump

only once a day early morning okay and I'm done with it the rest of the day I'm like okay so that's enough because I I don't like work full time I just need it only for the weekends or like Friday Saturday Sunday and three feeds each of each day so it is like mornings and I'm done yeah so I think early morning really is great for people who are thinking about storing and all that I think early morning was yeah early

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