BABYSLEEP / SLEEP ALL NIGHT

Caregiver feeding note

For dad, grandparents or a babysitter

Baby's name

Date

Contact details

Where is the milk?

Prepared breast milk / portions

Specific portion label / identifier

Use by (date and time)

Other notes

Feed slowly with pauses, supporting your baby's head and neck. Follow hunger and fullness cues; never pressure your baby to finish. Do not prop up the bottle. Do not microwave milk. An earlier storage deadline still applies; re-chilling does not restart the clock.

General guidance, not an individual feeding prescription.

CDC · Breast milk storage | ABA · Expressing basics / paced bottle-feeding