

# Aeroflow Breastpumps

## The Pitcher Method

Are you a mom who pumps breast milk? You may be interested in a different way to store your breast milk other than the traditional bagged and tagged method. We're discussing the Pitcher Method which has some advantages listed below. In addition, many people find that this method helps to simplify their life which can be a good thing when you have a busy life with a baby! See below for a few things to consider before giving the Pitcher Method a try.

### What is the Pitcher Method?

The Pitcher Method is a simple way to keep your breast milk organized and fresh. Instead of storing each pumping session separately, you pour all the milk you pump throughout the day into one big container, like a pitcher.<sup>1</sup> Then, you use that milk for feedings or store it for later.

### Why use the Pitcher Method?

- Easy Peasy: You don't have to deal with a bunch of little containers. Just one big pitcher!<sup>1</sup>
- Only one needed: One pitcher takes up less space in the fridge than multiple bottles or bags.<sup>1</sup>
- Less Waste: If you pour your breast milk from the pitcher into individual bottles, you may save money on breast milk storage bags while also saving the environment!<sup>1</sup>
- Consistent Milk: The nutritional components of your breast milk change throughout the day. Mixing all your milk together makes sure your baby gets the same nutrients every time they eat.<sup>2</sup>

### How to Use the Pitcher Method:

- Use a Clean Pitcher: Make sure you have a clean, BPA-free pitcher. Glass or plastic works fine.<sup>1</sup>
- Pump, Chill, and Pour: After you pump, place your milk in the fridge to chill before combining with the milk in your pitcher. Keep your pitcher stored in the refrigerator.<sup>1</sup>
- Label: Mark the pitcher with the date and time when you first put breast milk in the pitcher.<sup>1</sup>
- Stir It Up: Before you pour the milk into a bottle or storage bag, give it a little stir to mix all the milk together.<sup>1</sup>

- Store Safely: The pitcher needs to be stored in the fridge during your collection period. Keep the pitcher in the back of your fridge where it's coldest. Use the milk within 4 days.<sup>1</sup>
- 24 hours: Each pitcher should only be used for 24 hours of milk collection.<sup>1</sup>

#### Tips and Tricks:

- Use a pitcher with a lid: one risk to the pitcher method is losing a lot of your precious breast milk if it tips over and spills.<sup>1</sup>
- Track Your Start Time: Write down the date and time you started filling the pitcher with your milk so you don't add to the pitcher for longer than the 24 hour period.<sup>3,4</sup>
- Use Oldest Milk First: If you have more than one pitcher, always use the milk from the oldest pitcher first.<sup>3,4</sup>
- Use or freeze within 24 hours: Use the collected breast milk within 4 days of expressing or less or freeze the breast milk in labeled storage bags within 24 hours.<sup>3,4</sup>
- Stay Clean: Wash your pitcher every day to keep it germ-free.<sup>1</sup>

#### Why Do Parents Love It?

Many parents find the Pitcher Method super helpful. It can be less stressful for some parents because it may simplify the pumping and feeding process for them. Plus, it mixes the day's breast milk components to give your baby balanced nutrition at meal time. So, if you're looking for a new way to store your breast milk, consider the Pitcher Method. It might just make your life a little bit easier.

#### What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Pumping 101
- Navigating Maternity Leave

To register for these classes (this class), log into your portal or click [here](#).

#### Want More Info?

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>

**References:**

1. <https://www.infantrisk.com/content/what-pitcher-method-storing-breastmilk>
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4. [https://www.cdc.gov/breastfeeding/pdf/preparation-of-breast-milk\\_H.pdf](https://www.cdc.gov/breastfeeding/pdf/preparation-of-breast-milk_H.pdf)