

Breastfeeding-Friendly Child Care Guide

Supported by First Food, A Breastfeeding Program of the
Pennsylvania Chapter, American Academy of Pediatrics



FOR MORE INFORMATION, VISIT
PAFIRSTFOOD.ORG





» Table of Contents

03

Becoming a Breastfeeding-Friendly Child Care program

Introduction to how your center can begin the steps or improve on becoming a breastfeeding friendly child care program.

04

Why is breastfeeding important?

05

The Five Steps

Explanation of the five steps in more detail, and self-evaluation for your center as you work to improve breastfeeding support.

10

Additional Resources

IMPROVING BREASTFEEDING SUPPORT IN THE CHILD CARE SETTING

This guide explains how your child care center can best support breast/chestfeeding parents and their children in your care. Working on this shows parents and your community that your program follows national breastfeeding and infant feeding standards. It lets everyone know that you are committed to helping families give their children the best start they can -- with breastfeeding!



Five ways to becoming more supportive of breastfeeding in the child care setting:

1. Create a culturally appropriate breastfeeding-friendly environment.
2. Write policies that reflect your center's support of and commitment to breastfeeding *mothers*.
3. Show support and provide accurate information to breastfeeding mothers and family members.
4. Ensure that all staff are trained in the skills to support and promote breastfeeding.
5. Write policies that reflect your support and commitment to breastfeeding *employees*.

WHY IS BREASTFEEDING IMPORTANT?

BREASTFEEDING IS GOOD FOR BABIES

- Breast milk is the perfect food for babies
- Breastfeeding reduces illness and risk of SIDS
- Breastfeeding supports optimal weight and brain development

BREASTFEEDING IS GOOD FOR MOMS

- Breastfeeding lowers risk for certain diseases; for example, high blood pressure, type 2 diabetes, breast and ovarian cancers.
- Breastfeeding allows moms to share a unique bonding experience with their baby
- Mothers who breastfeed recover from childbirth quicker and more easily

BREASTFEEDING IS GOOD FOR CHILD CARE PROGRAMS

- Supporting your community by improving breastfeeding initiation and duration rates
- Supporting breastfeeding families means healthier children
- Healthier children means better daily attendance, and higher parent satisfaction

Many moms start out breastfeeding but find it difficult to continue when they return to work or school.

Child care programs that support breastfeeding families allow parents to continue to breastfeed and feed their babies breast milk for as long as they want.



THE FIVE STEPS

The next few pages explain suggested criteria and a self-evaluation to assist your program in better supporting parents and children in your care. These statements follow the standards found in *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 4th ed./ CFOC Online Standards Database*

Step #1: Create a culturally appropriate breastfeeding-friendly environment.

For this step, reference your current space – is it culturally-appropriate? Is your support for breastfeeding clearly illustrated? e.g., “Breastfeeding Welcome Here” signage.

Self-Evaluation	Good	Fair	Poor
<p>Culturally appropriate posters, brochures, children’s books, and other materials that illustrate best practice and demonstrate that the program supports breastfeeding. Items are displayed in the:</p> <ul style="list-style-type: none"> - Entrance or other public spaces - Infant classroom - Toddler and/or preschool classrooms, when applicable - Space set aside for breastfeeding 			
<p>Breastfeeding mothers are provided a clean, quiet, and comfortable space other than a bathroom to breastfeed their babies or express milk. Employees who are breastfeeding or expressing milk for their babies may also use this area.</p>			
<p>The space has privacy, an electrical outlet, comfortable seating, sink with running water in the room or nearby and a refrigerator to store expressed milk if needed.</p>			
<p>The facility welcomes mothers to visit and breastfeed their babies while in our care.</p>			
<p>The facility allows direct breastfeeding (around the children).</p>			

Step #2: Develop written policies.

For this step, reflect on your current breastfeeding-friendly policy (e.g., does it demonstrate support for breastfeeding parents or employees?).

Self-Evaluation	Good	Fair	Poor
The facility has a written breastfeeding policy for families which includes: <ul style="list-style-type: none">- Professional development for all staff and substitutes caring for children ages 0-3 years including the program director- Educating families on breastfeeding- Providing a clean, quiet, and comfortable space for mothers to breastfeed or express milk- Creating individualized feeding plans which include feeding infants as staff observes hunger cues and feedings are coordinated to meet the needs of the mother- Proper way to store and label expressed breastmilk as defined by the CDC- Infant formula is not fed to a breastfed infant without the mother's permission to do so.			
The policy is reviewed annually and updated to incorporate new evidence-based research and practices.			
Enrolled families are informed and provided a copy of the policy.			
Fathers are included in the discussions about breastfeeding.			
The staff informs families on how they can be supported in their efforts to continue breastfeeding.			

Step #3: Support and provide accurate information to breastfeeding families and/or employees.

For this step, reference what information your program is providing to breastfeeding families or what resources are readily available.

Self-Evaluation	Good	Fair	Poor
Staff displays a positive attitude about breastfeeding.			
A list of community breastfeeding resources to be used for referral is updated annually.			
Families are informed about the benefits of breastfeeding and ways our program supports breastfeeding.			
Current educational materials (within the last 5 years) are available to breastfeeding families.			
Written materials are not produced by infant formula companies.			
Mothers are encouraged to exclusively breastfeed for 6 months and continue breastfeeding at least a year and beyond if mutually desired.			
Staff assists families prior to their first day in child care to transition the infant to bottle or cup feeding (as needed).			
Breastfeeding support is part of discussion with all potential infant and toddler enrollments.			

Step #4: Train staff in the skills to support and promote breastfeeding

For this step, reference what training is provided to current or incoming staff that aides in their skills to support and promote breastfeeding.

Self-Evaluation	Good	Fair	Poor
<p>Professional development for current staff on promoting and supporting breastfeeding families includes:</p> <ul style="list-style-type: none"> - Benefits of breastfeeding for mother and baby - Promoting breastfeeding and supporting breastfeeding mothers/families – infant feeding cues - Proper storage and handling of breastmilk - Paced bottle-feeding a breastfed baby - Community organizations that support breastfeeding - Program’s policies on promoting and supporting breastfeeding 			
<p>All staff, including substitutes and program director, that care for children ages 0-3 years have completed the course “Let’s Talk Breastfeeding: Supporting Families in the Early Child Education (ECE) and Child Care Setting.”</p>			
<p>All staff, including substitutes and program director, that care for children ages 0-3 years are required to retake the course specified in the above guidance every 3 years.</p>			
<p>As part of the new employee orientation, breastfeeding information is shared with all new staff within 90 days of hire.</p>			

Step #5: Write policies that reflect support of and commitment to breastfeeding employees

For this step, reflect on how your current policy supports the commitment of breastfeeding employees at your program.

Self-Evaluation	Good	Fair	Poor
Employees make a commitment to the importance of breastfeeding.			
Breastfeeding employees are provided flexible breaks to accommodate breastfeeding or milk expression.			
Breastfeeding employees are provided a clean, quiet, and comfortable place (other than a bathroom) to breastfeed their babies or express milk as needed.			
The facility has a written breastfeeding policy for employees that includes: <ul style="list-style-type: none">- Reasonable time to allow the employee to breastfeed or express as needed- Private space, not a bathroom, for milk expression			

ADDITIONAL RESOURCES



Window Cling 4in x 5in



Door Hanger
Front



Door Hanger
Back

Interested in getting these for your space?
Email breastfeeding@paaap.org.