

Ten Steps for Breastfeeding-Friendly Child Care Centers

The following ten steps describe ways that child care centers can provide optimal support for breastfeeding families. Below each step are specific actions to support that step.

Step 1. Make a commitment to the importance of breastfeeding, especially exclusive breastfeeding, and share this commitment with fellow staff

- 1.1 Our center has a written policy for promoting and supporting breastfeeding.
- 1.2 Staff evaluations document a review of breastfeeding support activities.
- 1.3 Our center has educational materials for our parents on the risks and benefits of different infant feeding choices.
- 1.4 Our center's breastfeeding support is part of discussion with all potential clients.

Step 2. Train all staff to promote optimal infant and young child feeding in families we serve.

- 2.1 All new staff at our center receives training on the risks and benefits of different infant feeding choices.
- 2.2 All new staff at our center receives training in breastfeeding promotion, including support of exclusive breastfeeding.

Step 3. Inform women and families about the importance of breastfeeding

- 3.1 At our center, we provide families with our written policy for promoting and supporting breastfeeding
- 3.2 At our center, we explain to families how we (a)develop a sustainable feeding plan, (b) provide a comfortable place in our center for mothers to sit and nurse their babies or pump/express milk, and (c) store and label milk for child care center use.

Step 4. Train all staff in skills necessary to handle, store and feed mother's milk properly.

- 4.1 All staff receive at least one hour of training in proper handling and feeding of mother's milk.
- 4.2 All staff are trained to recognize infant hunger cues.

Step 5. Ensure that all clients are able to properly store and label milk for child care center use

- 5.1 We have a written policy on the proper way to label human milk, and we share this policy with all parents.
- 5.2. All milk at our center is properly labeled.

Step 6. Provide a breastfeeding friendly environment.

- 6.1 We provide all mothers with written materials inviting them to come to the center and nurse their babies while under our care.
- 6.2 There is a comfortable place in our center for mothers to sit and nurse their babies, or pump (express) milk if necessary

Step 7. Display posters and provide brochures for new moms and parents of breastfeeding babies that demonstrate that your child care supports breastfeeding and that illustrate best practices.

- 7.1 Our center displays posters with information about breastfeeding, with photos appropriate for the families we serve.
- 7.2 At our center, we provide appropriate brochures or other educational materials about breastfeeding for our families.
- 7.3 At our center, we provide families with materials about the importance of exclusive breastfeeding.

Step 8. Develop a sustainable feeding plan with each family.

- 8.1 We develop a written feeding plan with each new family at our center.
- 8.2 Our written materials encourage breastfeeding mothers to nurse on demand when with their baby.
- 8.3 Our written materials encourage mothers to respond to feeding cues rather than feeding on a schedule.
- 8.4 We discuss with all families how expressed milk will be handled at our child care center

Step 9. Contact and coordinate with local skilled breastfeeding support and actively refer.

- 9.1 Our center has a list of community breastfeeding resources to be used for referral.
- 9.2 Our center regularly refers families to community breastfeeding resources.
- 9.3 Our center tracks community referrals and follows up with families as needed.
- 9.4 Our center provides a resource list for our staff of local lactation consultants and community providers that can answer breastfeeding and human milk feeding questions.

Step 10. Continue updates and learning about protection, promotion, and support of breastfeeding.

- 10.1 Our center has up-to-date materials on hand that include information on breastfeeding and human milk feeding.
- 10.2 Each staff member receives at least one hour per year of continuing education on human milk feeding and breastfeeding support.



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