

Are You Interested in Becoming a More

BREASTFEEDING-FRIENDLY CHILD CARE?

If so, then *Let's Go!* encourages you to focus on:

- Providing mothers' pumped breast milk to their babies.
- Accommodating mothers who want to nurse.
- Supporting mothers' decisions around infant feeding.



Here is how to do this:

Create a Breastfeeding-Friendly Environment:

- Provide a designated area for mothers to breastfeed (other than a bathroom) that is private and sanitary. All you need is:
 - A relaxing chair,
 - A small table for her pump and bottle supplies,
 - An electrical outlet (for electric breast pumps), and
 - A privacy barrier (a door, curtain, or room divider).

TIP: *If you're short on space, consider converting an unused corner or closet into a breastfeeding/pumping station that's clean, private, and comfortable.*

- Dedicate some refrigerator and freezer space for storage of expressed breast milk.
- Have learning and play materials available for children that normalize breastfeeding. *Check out the "Let's Go! Suggested Book List" in the 'Resources' tab for book suggestions.* continued



Did you know?

The State of Maine law also supports having a designated area for employees to breastfeed. Your designated area could be used by both mothers of children in your care as well as employees who are nursing! The Maine law says:

- Employers must make a reasonable effort to provide a private place other than a bathroom for mothers to breastfeed or express their milk up to 3 years after birth.
- Employers are to offer flexible breaks to pump or nurse; if the amount of break time exceeds lunch and two 15 minute breaks then the break time may be negotiated between employer and employee.

- Post, regularly update, and use a feeding and health plan that is filled out by a parent/guardian and/or healthcare provider.
- Display culturally appropriate breastfeeding support materials.

Consider these:

- **Your Guide to Breastfeeding.** A magazine-like booklet with a variety of tips and information for the nursing room. Download and print for free at US DHHS Office of Women's Health: <http://www.womenshealth.gov/publications/our-publications/breastfeeding-guide/index.html>
- **101 Reasons to Breastfeed Your Child.** Download and print for free at www.notmilk.com/101.html

Provide Breastfeeding Education:

- Offer an annual training to providers on age-appropriate infant feeding practices (such as safe storage and handling of human milk) and on promoting and supporting breastfeeding (including exclusive breastfeeding).
 - View the online training module on supporting breastfeeding on the Early Childhood Trainings Page at www.letsgo.org/online-trainings.
 - Reach out to your local hospital's Lactation Consultants, and your local WIC and La Leche League offices for training opportunities. Don't forget to ask your *Let's Go!* Coordinator for help!
- Instruct breastfeeding families on how to properly label and store human milk for use in the child care facility.
 - Share the **Safely Storing Breast Milk** handout found in this tab of your toolkit with breastfeeding families.

Implement a Breastfeeding-Friendly Policy:

- Implement a written and explicit policy for promoting and supporting breastfeeding families. Share the policy with expectant mothers, families with infants, and visitors.
 - See the **Sample Breastfeeding-Friendly Policy** language in this tab of your toolkit.

More information and resources:

- **Whenever, Wherever! Campaign:** A Maine initiative to promote acceptance of breastfeeding in public spaces and increase workplace support for nursing moms: www.weallbenefit.org.
- **www.KellyMom.com**
Evidence-based breastfeeding and pumping information including many free handouts; also has an active Facebook page where moms can connect.
- **Reach out to your Let's Go! Coordinator.**

Adapted from resources compiled by the 2012 Maine Breastfeeding Stakeholder Workgroup

Are You Interested in Becoming a More Breastfeeding-Friendly Child Care?

