

# Sample Child Care Center Breastfeeding Support Policy for Parent Handbook

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Because breastfeeding provides the healthiest start for babies, providing ideal nutrition and many health benefits for both infant and mother, \_\_\_\_\_ believes it is important to support and encourage breastfeeding. The purpose of this policy is to ensure that all breastfeeding families have the support they need to continue breastfeeding while their children attend our child care center.

For many mothers, the need to return to work and be separated from their babies can make it challenging to continue breastfeeding. We demonstrate our commitment to breastfeeding, especially exclusive breastfeeding, by doing the following:

- We discuss breastfeeding with potential client families, share breastfeeding materials with our families.
- We train our staff to support and promote optimal infant and young child feeding. All new staff receive training in storage and handling of human milk, developmentally appropriate infant feeding practices, breastfeeding promotion, and support of exclusive breastfeeding.
- We develop a feeding plan that supports best feeding practices with each family.
- We welcome mothers to nurse their babies at the center and provide a private room if desired.
- We provide a culturally appropriate environment for supporting breastfeeding, for example, hang posters/photos of breastfeeding mothers that are sensitive to cultural standards of modesty and discuss breastfeeding in culturally sensitive ways.
- We provide learning and play opportunities which normalize breastfeeding for children. Our center provides toys and books that illustrate nursing animals and babies, for children of all ages. We discuss interactions between mothers and babies, including how they feed.
- We ensure that all breastfeeding families are able to properly store and label milk for childcare center use. We have written guidelines that we share with our families, and all milk at our center is properly labeled.
- We support breastfeeding employees. Employees have access to a clean, private location to nurse their babies or express milk and are able to break as needed to do so.

## Short version:

\_\_\_\_\_ Child Care Center supports breastfeeding. We provide breastfeeding resources to prospective and current families. Our staff is trained on the proper storage and handling of human milk, infant feeding practices and supporting exclusive breastfeeding. All infants have a feeding plan that supports the preferred feeding choice of the family. Mothers are welcome to breastfeed their babies on site. Resource on proper handling and storage of breastmilk are provided to the families. We also provide culturally appropriate promotion of breastfeeding with our families and include children's books/toys that normalize breastfeeding.