

## Child Care Center Breastfeeding Friendly Policy

Breastfeeding is widely acknowledged to be the best way to nourish infants and benefits babies, their mothers, and the community in many ways. [Child care center name] recognizes the role that child care providers play in helping mothers continue to breastfeed while their infants are in care and is committed to fully supporting breastfeeding mothers and their infants in the following ways:

- We welcome mothers to nurse their babies or express milk at our center at any time during the day and provide them with a private space to do so. Our nursing space is located in [place] and is equipped with [list details].
- We work with mothers to maximize opportunities for nursing babies at drop off and pick up times.
  - So that you have adequate time for end-of-day feedings with your baby, please plan to arrive by [time].
- We provide refrigerator and freezer space for storing breast milk.
- We educate families in the correct handling of human milk, including proper storage times and techniques, recommended containers, and labeling.
- We train all staff in the correct handling of human milk, including proper storage times, thawing and warming techniques, and food safety, using recommendations from the Academy of Breastfeeding Medicine.
- We train staff to feed breastfed babies appropriately—infants are held while fed and feedings are paced, led by the infant, and never rushed.
- We work with parents to create individual feeding plans for each infant, and continue to consult with parents to update feeding plans on a regular basis.
- We feed infants on demand based on their hunger and satiety cues.
- We support exclusively breastfed infants and will not offer any other foods without written permission from the parents.
- We provide parents with resources and information about breastfeeding and breastfeeding support organizations, including [list your resources]. You'll find this information in [list place in center where resources are located].
- We offer referrals to organizations or experts for breastfeeding support, if desired.
- We train staff to support breastfeeding mothers and encourage [or require] continuing education in breastfeeding-related topics.
- We strive to normalize breastfeeding for children and families through the use of pictures, books, toys, and educational materials.
- We promote breastfeeding as the optimal way to feed babies with all families and provide education on the benefits of breastfeeding and the importance of exclusive breastfeeding to parents.
- We support our breastfeeding employees by providing reasonable break times for nursing or expressing milk as well as a private space in which to do so.
- We communicate this breastfeeding friendly policy with all staff, enrolled families, and prospective families.