



Breastfeeding Friendly Child Care Toolkit





Dear New Hampshire Early Care and Education Professional,

On behalf of the New Hampshire Breastfeeding Task Force, I invite you to establish (or expand upon) breastfeeding friendly practices and policies within your center to benefit babies in your care, families, and staff.

Supporting breastfeeding in the early care and education environment is important!

When child care programs become strong partners and advocates in encouraging mothers to continue to breastfeed, the benefits to families are enormous. Child care programs benefit from the improved health status of the children in their care. As a breastfeeding friendly child care program, your facility will be even more attractive to prospective parents. Knowing that you actively support and encourage breastfeeding mothers and babies could lead to families choosing your program over others and could make a key difference in a mother's decision to initiate and continue to breastfeed her baby.

Providing a breastfeeding friendly environment involves little investment of time and resources.

A child care setting that is breastfeeding friendly does the following:

- Provides an atmosphere that welcomes breastfeeding families with breastfeeding promotion messages and designated spaces to nurse or express milk
- Helps mothers continue to breastfeed when they return to work or school
- Makes breastfeeding resources and referrals available to parents
- Feeds infants on demand and learns individual hunger and fullness cues
- Coordinates feeding times with parent pick up and drop off schedule
- Trains staff so they are able to support breastfeeding parents and children
- Has a written breastfeeding policy that is followed by staff and shared with families

The American Academy of Pediatrics (AAP) recommends that babies exclusively receive their mother's milk for the first six months after their birth. The AAP suggests complementary foods be introduced at six months with continuing breastfeeding for two years and beyond. Breastfed babies are healthier, and have fewer infections and illnesses. Mothers who breastfeed also experience significant health benefits, including a lower risk of breast cancer. It's no wonder that 70 percent of new mothers today choose to breastfeed. Yet many of these mothers are concerned that returning to work will be an obstacle to continuing to breastfeed depending on the care of their infant.

We invite your program to join breastfeeding friendly child care centers throughout NH and across the United States. A representative from The NH Breastfeeding Task Force is available to share more information about how you can become a Breastfeeding Friendly Child Care Program. It's an investment that will multiply for years to come in better health for children.

Sincerely,

Lissa Sirois

Lissa Sirois, MPH, RD, IBCLC

Chair, NH Breastfeeding Task Force

Welcome to the Breastfeeding Friendly Child Care Toolkit!

Thank you for working with the New Hampshire Breastfeeding Task Force to establish a breastfeeding friendly child care center for families and employees. Deciding to make this transition illustrates your dedication to the well-being of breastfeeding families and children in your care, your employees, and your center.

Our toolkit contains resources and examples to guide your center on transitioning to breastfeeding friendly practices and policies. All of the resources and examples serve as a guide, so please adapt the information that best suite your center's specific needs. Throughout the toolkit, you will find the following:

Topic	Page Number
Goals of the Toolkit	4
Benefits of Breastfeeding Infants, Mothers, Communities, Child Care Centers	5 - 6
Breastfeeding Recommendations	7
Ten Tips for Creating a Supportive Environment	8
Lactation Spaces in the Child Care Setting	9 - 10
Human Milk is Food!	11
Storing & Handling Guidelines for Human Milk	12
Feeding Human Milk to Babies	13 - 14
Breastfeeding Resources for...	
...ECE Professionals and Programs	15
...Child care centers/classrooms	16
...Families	17
Timeline for Implementing a Breastfeeding Friendly Child Care Center	18
Sample Breastfeeding Friendly Policy	19
Breastfeeding Friendly Child Care Award	20
Breastfeeding Friendly Assessment Form	21 - 23
Checklist: Breastfeeding Friendly Child Care Award	24



Goals of the Toolkit:

- ✔ Assist child care programs in establishing breastfeeding friendly environments for families and employees.
- ✔ Assist child care programs in meeting or exceeding the criteria for becoming a Breastfeeding Friendly Child Care program in New Hampshire.

In the toolkit, you will find the following:

- education on the benefits of breastfeeding,
- promotion and support strategies,
- storage and handling guidelines,
- guidance on feeding human milk to infants,
- resources for creating breastfeeding friendly practices and policies.



Benefits of Breastfeeding

Overview

Mother's milk is produced to meet the needs of the baby, which is different from formula as that constantly stays the same. Mother's milk contains hundreds of healthy components and can't be imitated.

Human milk provides all the nourishment an infant needs for the first six months of life (with the exception of vitamin D). It contains good bacteria for the gut, enzymes, antioxidants, and immune compounds that are ideal for growth and development. Human milk is easily digested, and nutrients are more available to infants. Breastfed infants tend to feed more often because it is so easily digested.

The flavors from a mother's food choices transfer into her milk so breastfed babies actually become more adventurous eaters. Breastfed babies learn early on to enjoy new flavors depending on the mother's diet.

Check out the next page that highlights benefits for infants, mothers and communities, including child care programs!



Benefits of Breastfeeding

For infants...

- Provides baby with nourishment for the first 6 months of life
- Easily digested resulting in less digestive issues (e.g. gas, colic, diarrhea, and spit-up)
- Stronger immune system with less infections (e.g. respiratory, ear, gastrointestinal)
- Decreases the risk of Sudden Infant Death Syndrome
- Decreases the risk of health conditions such as diabetes, obesity, allergies, asthma, and eczema
- Expands taste preferences that can lead to healthier choices
- Contributes to brain development and higher IQ

For Mothers...

- Enhances mother-infant bonding
- Decreases post-partum blood loss
- Quicker return to pre-pregnancy weight
- Decreases risk of post-partum depression
- Increases child spacing
- Decreases the risk of health conditions such as type 2 diabetes, breast and ovarian cancers
- Cost savings!
 - Mother's milk is free
 - Less absenteeism from work
 - Less doctor bills with healthier baby
- WIC benefits (e.g. food package) are better for breastfeeding moms
- Breast pumps are tax deductible

For Child Care Centers...

- Breastfed babies are healthier keeping others healthy
- Less digestive issues = happier, comfortable babies
- Diapers are less smelly
- CACFP-participating centers are reimbursed for babies fed human milk or when breastfed onsite
- Assist mothers in reaching breastfeeding goals
- Attract families who are seeking breastfeeding friendly child care

For Communities...

- Saves money on healthcare costs and lost wages from absenteeism in the workplace
- Minimizes carbon footprint
 - No manufacturing, packaging, and shipping
 - No need to recycle any packaging
 - Less trash
- Happier moms and babies

Breastfeeding Recommendations

The American Academy of Pediatrics (AAP) endorses breastfeeding as the optimal source of nutrition for infants.*

Infants breastfeed or consume only human milk for the first six months of life.*

Solid foods can be introduced at six months of age once readiness is assessed.*

Infants can continue breastfeeding for two years and beyond as desired by mother and child.*

(*From the most recent AAP Policy Statement on Breastfeeding and Human Milk, 2022)

Child care providers and family members can offer mother's milk for feedings.

Caregivers should support mothers and be familiar with feeding strategies as well as handling and storage guidelines.

Ten tips for creating a supportive breastfeeding friendly child care environment



Many women planning to return to work don't believe they can continue breastfeeding. They may feel trying to provide their milk will be too hard, and some mothers may never begin breastfeeding because of this. Efforts to support breastfeeding mothers are crucial to improve breastfeeding initiation and duration rates, and child care centers play an important role! A breastfeeding friendly child care center can support a mother's breastfeeding goals through the following:

- ✓ Let expecting parents know that your center is breastfeeding friendly...a place where mothers feel welcome to breastfeed, express milk, and have support from their child care program.
- ✓ Create a quiet, clean, and private space for mothers to breastfed and/or express milk, and invite mothers to visit throughout the day.
- ✓ Develop an individualized feeding plan with each breastfeeding family.
- ✓ Share breastfeeding resources for families to access (e.g. WIC, La Leche, local support groups).
- ✓ Display breastfeeding promotion messages and education materials.
- ✓ Display guidelines for human milk handling and storage; share guidelines with families.
- ✓ Provide breastfeeding friendly professional development opportunities for your staff.
- ✓ Support your employees who are breastfeeding by providing reasonable breaks for nursing and/or expressing milk.
- ✓ Offer learning and play materials in the classrooms that normalize breastfeeding.
- ✓ Develop a written breastfeeding policy that is shared with staff and families.

Check out the following pages for more information!

Lactation Spaces in the Child Care Setting for Breastfeeding and/or Milk Expression

One of the most important aspects of being a breastfeeding friendly child care center is the inclusion of an appropriate space for mothers as well as staff to utilize for breastfeeding and/or milk expression.

Space should include...

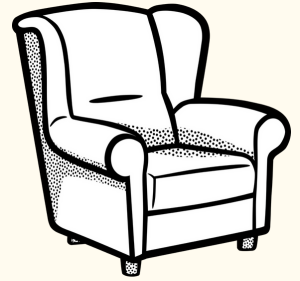
Privacy & Quiet

Provide a quiet, private space where mothers can comfortably breastfeed and/or express milk without noise, distractions, or feeling uncomfortable.



Comfortable Seating

A comfortable seating space such as a chair or couch.



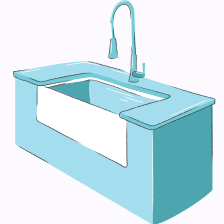
Electrical Outlet

Access to an electrical outlet for an electric breast pump.



Access to sink & paper towels

Access to a sink and drying materials to ensure proper handwashing before and after milk expression.



Access to a refrigerator & freezer.

Access to a refrigerator or freezer to properly store human milk.



Educational Materials & Resources

Educational materials (e.g. pamphlets, handouts) should be available to families with information on breastfeeding including where to seek support.

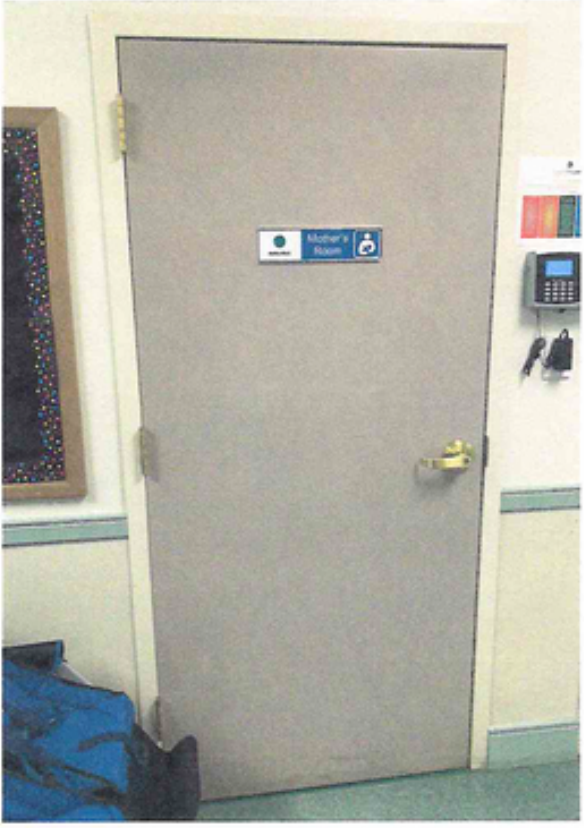


Labeling Supplies

Materials such as writing utensils and stickers or tape to properly label expressed milk with the name of the child, date and time of expression.



Example of Lactation Space in the Child Care Setting



Shared with permission from World Academy, Nashua, NH

Human Milk is FOOD!

as classified by the Centers for Disease Control and Prevention (CDC) & the Occupational Safety and Health Administration (OSHA)



Hand Washing

Mothers should wash hands before pumping. Caregivers must wash hands before preparing bottles and feeding infants.

Washing Containers

Bottles and containers should be washed in hot soapy water. There is no need to sterilize the bottles.

First In First Out Method

Look at the collection dates of the stored milk, be sure to use the oldest milk first.

Re-Using Milk

Only reuse milk from a bottle within 1 hour after the baby finished feeding.



Milk Designation

Be careful not to give another moms milk to a baby.

Storing & Handling Human Milk

Human milk must be stored and handled properly to avoid damaging it. Human milk may be watery and even separates if left sitting. Human milk can vary in color from blue to yellow or brown and its odor can vary as well depending on the mother's diet.

Recommendations for containers, labeling, serving, storage locations & temperatures

Mothers can supply both fresh and/or frozen human milk for feedings, and/or they may pump at your center. Human milk is best stored in glass (avoid recycle #7) or BPA-free plastic bottles with tight-fitting lids and/or polypropylene bags. Refrigerator/freezer space with trays should be readily available at your center enabling all mothers to store at least one days worth milk.

Stored human milk should be labeled by mothers with a water-proof label that includes the baby's full name along with the date and time milk was expressed.

It's suggested for mothers to store 2 to 4 ounces of expressed milk in containers as it's easier to thaw/warm resulting in less waste. Discuss with families how their babies prefer expressed milk (cool, room temperature, warm). Frozen human milk can be thawed in the refrigerator overnight, holding the container under cool running water, or by placing the container in a bowl of room temperature water. DO NOT microwave or place in a crock pot as this creates hot spots and damages the milk. Refrigerated human milk can be warmed under cool running water or in bowl of room temperature water, too. Be sure to gently swirl thawed human milk to recombine the contents. The following table summarizes storage guidelines for human milk as recommended by the CDC:

Storage Locations & Temperatures

Type of Human Milk	Countertop (room temperature)	Refrigerator (40 degrees F or colder)	Freezer (0 degrees F or colder)
Freshly expressed	Up to 4 hours	Up to 4 days (place in the back of the refrigerator, not on the door shelves)	Within 6 months is best (up to 12 months acceptable)
Frozen, thawing	Up to 2 hours	Up to 1 day (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a feeding	Use within 2 hours after the baby is finished feeding		

Feeding Human Milk to Babies

This section focuses on positive and encouraging feeding techniques for breastfed babies that addresses the "what", "when", "how", and "where". As caregivers, it's important to use responsive feeding techniques where you respond to hunger and fullness signals promptly and with emotional support.

What/When/How/Where to feed...

What to feed:

All babies are different, so it's essential to create an individual feeding plan for each baby. The feeding plan should include if babies are exclusively breastfed, if formula is supplemented, and starting complementary foods when developmentally ready. Feeding patterns change as babies grow, so the plan should be reviewed and updated frequently with the parents. Regular communication about baby feeding frequency and amounts as well as solid food consumption is necessary to ensure the baby's well-being.

When to feed:

Babies should be fed when hungry, and not according to a schedule. Breastfed babies typically fed every 1.5 to 3 hours as human milk is readily digested. Responsive feeding involves recognizing hunger cues such as:

- licking or smacking lips,
- sucking on hands or fingers,
- turning head/rooting,
- mouth opening,
- stirring and/or fussiness,
- stretching

Early Hunger Cues



Brings Hand to Mouth



Stretching



Stirring



Opening Mouth



Turning Head/Rooting



Licking/Sucking/Smacking Sounds

Feeding Human Milk to Babies

Continued...

What/When/How/Where to feed...

How much to feed:

Babies should control the pace and the amount of breast milk they take in at their feedings. It is best to offer 2 to 4 ounces in a small-sized bottle and add more if necessary. As caregivers, we should trust infant satiety cues as bottles are not a measure of fullness. Responsive feeding involves recognizing satiety cues such as:

- closing mouth,
- turning head away,
- pushing bottle away,
- falling asleep,
- distracted,
- stops suckling,
- slowing down the pace

Satiety Cues



Closes Mouth



Turns Head Away



Falls Asleep



Pushes Food Away



Distracted



Stops Suckling

Where to feed:

All babies should be held during their feedings in an upright position. Caregivers should be sitting in a comfortable chair and making eye contact with the baby as this assists with social development while paying attention to hunger and satiety cues.

Additional tips:

It's recommended to switch sides from feeding to feeding as this assists with development and keeps babies from developing a preference. Child care programs can encourage families to feed human milk from a bottle at home especially with someone other than mom to create an easier transition.

Develop a plan if human milk is running low in supply, and for end of day feedings.

Breastfeeding mothers may want to nurse at pick-up, so the feeding plan should include if the baby is hungry before that with potential solutions such as a small bottle feeding, comforting, or calling mom.

Breastfeeding Resources for ECE Professionals and Programs...

Training Videos, Resources/Toolkits, Posters, Handouts

Training Videos

- New Hampshire Department of Health and Human Services Breastfeeding-Friendly Child Care Training Video: <https://www.dhhs.nh.gov/programs-services/childcare-parenting-childbirth/breastfeeding-promotion-support/breastfeeding>
- Kansas Breastfeeding Coalition. How to Support Breastfeeding Mothers and Families: <https://ksbreastfeeding.org/cause/child-care-provider-education/>
- University of California at San Diego. Breastfeeding Friendly Child Care Training: <https://ucsdcommunityhealth.org/work/breastfeeding/child-care/training-2/>

Resources/Toolkits

- New Hampshire Breastfeeding Task Force: www.nhbreastfeedingtaskforce.org
- National Resource Center for Health and Safety in Child Care and Early Education, Caring for Our Children: National Health and Safety Performance Standards Guidelines for Early Care and Education Programs : <https://nrckids.org/CFOC>
- Carolina Global Breastfeeding Institute, Breastfeeding Friendly Child Care Toolkit: <https://sph.unc.edu/cgbi/bfcc-toolkit/>
- Colorado Department of Public Health and the Environment, Breastfeeding in Child Care Toolkit. <https://cdphe.colorado.gov/nutrition-services-menu/breastfeeding-friendly-child-care-professionals>
- Healthy Kids, Healthy Future: <https://healthykidshealthyfuture.org/5-healthy-goals/support-breast-feeding/resources/>
- Kansas Breastfeeding Coalition, Breastfeeding Friendly Child Care Toolkit: <https://ksbreastfeeding.org/cause/child-care-provider-education/>
- Feeding Infants in the Child and Adult Care Food Program: <https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program>

Poster/Handouts

- Free Breastfeeding Posters for display from Praeclarus Press: <https://stores.praeclaruspress.com/free-poster-breastfeeding-together/>
- Child Care Aware Infant Feeding Tips: <https://cdn2.hubspot.net/hubfs/3957809/Health/Breastfeeding-TipSheet.pdf>
- Lactation Education Resources Parent Handouts (English plus five languages): <https://www.lactationtraining.com/resources/educational-materials/handouts-parents>
- US Department of Agriculture, Children and Adult Care Food Program Breastfed Babies Welcome Here Posters (English and Spanish): <https://www.fns.usda.gov/tn/breastfed-babies-welcome-here>

Breastfeeding Resources for Child Care Centers...

Learning and Play Materials that Normalize Breastfeeding

Printed with permission from the Kansas Breastfeeding Coalition, Inc..

Providing children with books and toys that include breastfeeding let them know that breastfeeding is normal. This is an important way to support breastfeeding.

Books:

- Babies Nurse (2018) by Phoebe Fox- focuses on mammals (available in Spanish)
- The Best Gifts (2013) by Marsha Forchuk Skrypuck
- Best Milk (2010) by Kate Carothers (available in Latinx, African American, or White versions)
- Breastmilk Makes My Tummy Yummy (1999) by Cecilia Moen
- Happy Birth Day! (1996) by Robie Harris
- I'm Made of Mama's Milk (2003) by Mary Olsen
- In the Neighborhood (Look What I See! Where Can I Be?) (2005) by Dia Michels
- Mama's Leche (2016) by Michelle Hackney (available in Spanish)
- Mama's Milk (2007) by Michael Elsohn Ross (available in Spanish)
- Mama, Who Drinks Milk Like Me? (2019) by Melissa Panter
- Mammal Mama ABC's by Melissa Panter
- Milky Moments (2015) by Ellie Stonely
- Mommy Breastfeeds my Baby Brother (2009) by Mark Repkin
- Mommy Feeds Baby (2011) by Christy Jo Hendricks
- My New Baby (2009) by Rachel Fuller (board book)
- Nursies When the Sun Shines (2013) by Katherine Havener (available in Spanish)
- The Mystery of the Breast (2012) by Victoriade Abotitz
- Ready to Wean/ Listo Para Destetar (2014) by Elyse April (available in Spanish)
- Supermom (2001) by Mick Manning
- We Have a Baby (1999) by Cathryn Falwell (available in Spanish)
- We Like to Nurse (2016) by Chia Martin (available in Spanish) (board book)
- We Like to Nurse Too (2009) by Mary Young (available in Spanish)
- What Baby Needs (2001) by William & Martha Sears, Christie Watts Kelly
- What Does Baby Want? (2017) by Tupera Tupera (board book)
- The Wonders of Mother's Milk (2005) by Mishawn Purnell-O'Neal
- You, Me and The Breast (2012) by Monica Calaf

Toys:

- Dolls without bottles
- Nursing Nina Cat, Nana Dog, Nissa Hedgehog & Nuna Pig (Manhattan Toy Company)

Coloring books:

- Breastfeeding is Special
- Mama, Who Drink Milk Like Me? Mommy & Me Coloring book (Melissa Panter.com)
- Mom is Breastfeeding (Noodle Soup Company)

Breastfeeding Resources for Families...

Websites, Handouts, Support Groups and much more!!

Locating Breastfeeding Support (Providers, Support Groups, Services)

- Check out zipmilk.org for a list of providers, support groups and other breastfeeding services available in New Hampshire
- Find a Lactation Consultant (IBCLC) – search by zip code: www.ilca.org
- Breastfeeding USA provides breastfeeding information and support through online resources and local counselors: <https://breastfeedingusa.org/>
- National Breastfeeding Hotline: 1-800-994-9662
- Infant Risk Center - Up-to-date evidence-based information on the use of medications during pregnancy & breastfeeding, anyone can call with questions. 1-806-352-2519, www.infantrisk.com

Breastfeeding and Pumping Information

- New Hampshire Breastfeeding Task Force: www.nhbreastfeedingtaskforce.org
- New Hampshire WIC Program: <https://www.dhhs.nh.gov/programs-services/childcare-parenting-childbirth/breastfeeding-promotion-support/breastfeeding>
- Breastfeeding & pumping information can be found at www.KellyMom.com. Search for “milk calculator” to calculate how much milk a baby needs. There are many free handouts including “How to bottle feed the breastfed baby.”
- Breastfed Babies Welcome Here! A Mother's Guide:
<https://www.fns.usda.gov/tn/breastfed-babies-welcome-here>
- La Leche League—find information on basic breastfeeding management, handouts and resources and locate a La Leche League leader near you. <https://www.llli.org/> and <https://lllusa.org/bfinfo/>
- Information for women who want to increase their milk supply at www.MakingMoreMilk.com
- Frequently asked questions about federal lactation support law are answered at www.usbreastfeeding.org
- United States Office on Women’s Health (OWH) provides general breastfeeding and pumping information and back to work tips. Call the OWH Helpline at 1-800-994-9662 or access information at: <https://www.womenshealth.gov/breastfeeding>
- OWH also publishes the Business Case for Breastfeeding toolkit providing helpful information for employers and employees to create successful workplace lactation programs: <https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work/business-case>
- Texas Health & Human Services Health Commission, WIC Program | Breast Milk Every Ounce Counts: Child Care Facility Supports: <https://www.breastmilkcounts.com/>

Timeline for Implementing a Breastfeeding Friendly Child Care Center



The actual timeframe for implementing a breastfeeding friendly child care center can be much shorter or longer depending on the size of the center and other internal or external factors. The steps to the process, however, are applicable to most centers.

Months 1 & 2 Initial Planning/Research - Suggested Activities

- Review resources included in the toolkit.
- Assess existing policies, practices and spaces for breastfeeding friendly child care environment.
- Talk to other child care centers who have implemented successful breastfeeding friendly child care programs; see listing on the New Hampshire Breastfeeding Task Force website: www.nhbreastfeedingtaskforce.org
- Identify and convene potential stakeholders within your center such as ECE infant teachers, staff, and parents to assist with planning and implementation.
- Share resources with stakeholders and staff; provide/offer education opportunities.

Months 3 & 4 Development & Implementation - Suggested Activities

- Develop a breastfeeding friendly child care policy with stakeholder input.
- Share policy with staff and families.
- Identify, and as needed, renovate/convert a designated lactation space for breastfeeding mothers with necessary amenities.
- Assess breastfeeding resources for ECE professionals, classrooms and families, and acquire/display/share.
- Assess existing storage and handling of human milk; update/revise practices as needed.
- Assess existing practices for infant feeding plans; update/revise practices as needed.
- Provide opportunities for formal and informal feedback.

Sample Policy



SAMPLE 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 human 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 NH Licensing guidelines as well as the CDC and 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.

BREASTFEEDING FRIENDLY CHILD CARE AWARD

Purpose of NH Breastfeeding Friendly Child Care Award

The New Hampshire Breastfeeding Task Force aims to promote, protect, and support breastfeeding. With the recent implementation of the Break Time for Nursing Mothers Law under the Affordable Care Act and the 2011 release of the Surgeon General's Call to Action to Support Breastfeeding Women, more and more women are choosing to breastfeed their baby. When child care programs become strong partners and advocates in encouraging and supporting mothers to continue to breastfeed, the benefits to families are enormous. Child care programs themselves also benefit from the improved health status of the children in their care. Knowing that you actively support and encourage breastfeeding mothers and babies could lead to families choosing your program over others and could make a key difference in a mother's decision to initiate and continue to breastfeed her baby.



Award Eligibility

All NH licensed child care programs are eligible to apply for the Breastfeeding Friendly Child Care Award. See the [NH Breastfeeding Friendly Child Care Award Application and Checklist](#) for more details.

How to apply or ask questions:

Questions and completed applications can be emailed, faxed or mailed to:

*Attention: Kristina Thompson, IBCLC
NH Department of Health and Human Services
Division of Public Health Services
29 Hazen Drive Concord, NH 03301
Phone: (603) 271-4545
Fax: (603) 271-4779
Kristina.Thompson@dhhs.nh.gov*

New Hampshire Breastfeeding Friendly Child Care Award

What is the benefit to being designated as a Breastfeeding Friendly Child Care Program?

When child care programs become strong partners and advocates in encouraging mothers to continue to breastfeed, the benefits to families are enormous. Child care programs themselves also benefit from the improved health status of the children in their care. As a designated breastfeeding friendly child care program, your facility will be even more attractive to prospective parents. Knowing that you actively support and encourage breastfeeding mothers and babies could lead to families choosing your program over others — and could make a key difference in a mother’s decision to initiate and continue to breastfeed her baby.



A child care setting that is Breastfeeding Friendly:

- Provides an atmosphere that welcomes breastfeeding families with breastfeeding promotion messages and designated spaces to nurse or express milk
- Helps mothers continue to breastfeed when they return to work or school
- Makes breastfeeding resources and referrals available to parents
- Feeds infants on demand and learns individual hunger cues
- Coordinates feeding times with parent’s pick up and drop off schedule
- Trains staff so they are able to support breastfeeding parents and children
- Has a written breastfeeding policy that is followed by staff and shared with families

If you think your NH licensed child care program is Breastfeeding Friendly, complete the following information and the self-assessment on the back. Programs that answer “Yes” to all questions and whose enclosed documents support breastfeeding will be awarded a certificate, a magnet with breastfeeding storage guidelines, and a “Breastfeeding Welcome Here” window cling, which designates the center as a Breastfeeding Friendly Child Care program and allows others to see your commitment to breastfeeding. The certificate and recognition is valid for two years. Programs may then submit a renewal self- assessment form.

Center Name:

Director Name:

Center Address:

City:

State:

Zip:

Please check one of the following:

New application

Renewal application (please indicate month/year of previous award)

Number of infants (under 12 months of age) currently in care: _____

1. Our center has breastfeeding promotion messages (e.g. posters, brochures) on display.

Yes No

2. Our center has learning and play materials that normalize breastfeeding for children in the classroom.

Yes No

3. Our center has accurate written materials on breastfeeding topics (not from formula companies) available for all parents. If yes, please include a sample brochure/handout with application.

Yes No

4. Our center invites mothers to visit throughout the day to breastfeed their babies.

Yes No

5. Our center welcomes breastfeeding anywhere in the facility.

Yes No

6. Our center has a designated private space (not a bathroom), if desired, for mothers (including staff) to breastfeed or express milk.

Yes No

Our center's designated private space for breastfeeding mothers includes the following (please circle all that apply):

Electrical outlet Nearby sink with running water Comfortable seating

7. Our center has designated space in a refrigerator and freezer for human milk storage.

Yes No

8. Our staff members are provided with flexible breaks to accommodate breastfeeding and/or expressing milk at work.

Yes No

9. Our center helps mothers continue to breastfeed their babies when they return to work or school by coordinating feeding times with the mother and infant's normal feeding schedule.

Yes No

10. Our center feeds infants on demand based on the infant's hunger cues, with full effort to avoid unnecessary waste of expressed human milk.

Yes No

11. Our center is aware of breastfeeding-related community resources (i.e., support groups, lactation consultants, NH Breastfeeding Resource Guide) and refers moms as appropriate.

Yes No

12. Our center has received professional development training (i.e. in-person or online staff training for contact hours or continuing education credits) on promoting and supporting breastfeeding within the past two years.

Yes No

13. Our center has a written policy that reflects the center's commitment to breastfeeding.

Yes No

14. Our staff follows the written breastfeeding policy mentioned in Question #13.

Yes No

15. Our center shares the above-noted written breastfeeding policy with families who have infants.

Yes No

Print Name of Center Director:

Phone:

Signature of Center Director

Date:

E-mail address for application contact:

Checklist for Breastfeeding Friendly Child Care Award

- ___ Breastfeeding Friendly Child Care Self-Assessment
- ___ Signature from Center Director on Self-Assessment
- ___ Copy of your Program's breastfeeding policy
- ___ Copy of professional development certificate from training on breastfeeding promotion and support (Minimum of one person from your center must have completed a minimum 1 hour training (in-person or online) within the past two years)
- ___ Sample of a printed breastfeeding education material (i.e., brochure, handout, magazine) distributed at the center. Please send a minimum one sample.

Please allow 6 weeks for review.

Please mail or email the above required information to the contact listed below. Or if you are not ready to apply but would like more information, please email or call the number below.

Attention: Kristina Thompson, IBCLC
NH Department of Health and Human Services
Division of Public Health Services
29 Hazen Drive Concord, NH 03301
Phone: (603) 271-4545
Fax: (603) 271-4779

Kristina.Thompson@dhhs.nh.gov

READY to APPLY?

Go to the NH Breastfeeding Task Force website for materials:

<http://www.nhbreastfeedingtaskforce.org>