

As a parent who works outside of the home and utilizes child care, it can be helpful to know about breastfeeding support best practices for child care settings. Although older toddlers and preschoolers are the primary focus of the ChildcareAlive! curriculum and training, this program recognizes that supporting breastfeeding mothers is one of the best ways child care providers can promote a healthy start for children.

The following is not an exhaustive list of best practices, but instead are those that are the focus of the ChildcareAlive! program. See the listed resources for more best practices.

REMEMBER TO THANK YOUR CHILD CARE PROVIDER FOR SUPPORTING YOUR FEEDING DECISIONS!

- Breastfeeding mothers are provided access to a room for breastfeeding or pumping, other than a bathroom, with appropriate seating and privacy.
- A written breastfeeding support policy is included in parent handbooks, staff manuals, or other documents, including:
 - Providing space for mothers to breastfeed or express breast milk
 - Providing refrigerator and/or freezer space to store expressed breast milk
 - Professional development on breastfeeding
 - Providing educational materials for families on breastfeeding
 - Breastfeeding support for employees (if applicable; includes allowing teachers/staff to breastfeed or express breast milk on their breaks.)

Sources:

Caring For Our Children 3rd Edition (www.cfoc.nrckids.org)

Let's Move! Child Care Checklist (www.healthykidshealthyfuture.org)

Go NAP SACC (www.qonapsacc.org)

