



# Breastfeeding-Friendly Child-Care Policy



Breastfeeding has been shown to be the best form of infant nutrition, providing a multitude of health benefits to both infant and mother. Because breastfeeding families need ongoing support from childcare providers to provide their milk for their babies, Assurance Home Daycare will support breastfeeding families in the following ways:

**We provide a breastfeeding-friendly environment.**

We will make a private and clean space available for breastfeeding mothers, including employees, to breastfeed their babies or express (pump) milk.

**We show sensitivity to breastfeeding mothers and their babies.**

We will provide ongoing support to breastfeeding mothers, such as an opportunity to breastfeed their baby when possible including but not limited to drop off, lunch time/breaks or at pick up. Staff will hold off giving a bottle, if possible, when mom is due to arrive.

**We ensure that all breastfeeding families are able to properly store and label their milk.**

Breastfeeding mothers may store their expressed breast milk in the center's refrigerator. Parents should provide their own properly sealed containers, clearly labeled with their child's name and date.

**We train our staff to support and promote optimal infant feeding.**

Staff will be trained how to store and handle human milk. Assurance Home Daycare will follow human milk storage guidelines published by the Child and Adult Care Food Program (CACFP) to avoid waste and prevent food-borne illness. Staff will use breastmilk within 72 hours and return any unused milk to the mother.

**We develop an individual feeding plan with each family that supports best feeding practices.**

We will work with each family to develop a feeding plan for their child, including feeding practices to help maintain breastfeeding success. Artificial baby milk (formula) and solid foods will only be provided if the parent requests. Babies will be held closely when feeding and bottles will never be propped. Feeding plans will be coordinated with the mother's schedule and updated every 6 months and upon request from the parents.

**We continue learning about ways to support parents in protection, promotion and support of breastfeeding.**

All staff members will receive training when they are hired along with continuing education to support breastfeeding families. We will work with local community partners to ensure our staff receives the most up to date information to promote and support breastfeeding families.

**We will never deny children entry into the facility because they are breastfeeding**

This information has been adapted from the "Breastfeeding-Friendly Child Care Initiative" of the Carolina Global Breastfeeding Institute/UNC Gillings School of Global Public Health.

