



# Don't stress!

## You can stick with the breast.

Seeking child care when returning to work or school after a child's birth can be difficult for any mother. You know breastfeeding is good for baby and good for mom, so when it's time to go back to work, you may be overwhelmed thinking about how you will continue to breastfeed.

## Did you know...

there are many child-care providers in San Diego County who are dedicated to supporting your decision to breastfeed?

Breastfeeding-Friendly San Diego partners don't just tolerate breastfeeding – they go out of their way to wholeheartedly support it.



## Breast Milk: the best milk

### Babies who breastfeed have:

- Fewer ear infections
- Decreased risk of SIDS
- Decreased risk of obesity



### It also benefits moms:

Lowers mothers' risk of:

- Osteoporosis
- Breast cancer
- Ovarian cancer
- Type II Diabetes
- Postpartum Depression



### It's low-cost:

- No need to purchase formula



SEARCHING FOR YOUR  
BREASTFEEDING-FRIENDLY  
CHILD-CARE PROVIDER

If you've decided to breastfeed or are still considering your options, be sure to seek out breastfeeding-friendly child-care providers. Your provider's support will be an important part of making it easier to be away from your baby.

# Breastfeeding-Friendly Checklist

## Not sure where to start?

Know what to ask. Here are a few questions you should ask to see if your potential child-care provider supports breastfeeding.

- How will you support my desire to continue breastfeeding?
- Do you have any written policies in place regarding breastfeeding?
- Has your staff been trained to properly store, handle, and feed breast milk?
- Does the staff feed babies when they are hungry, rather than on a strict schedule?
- Are you willing to hold off feeding right before I pick up my baby?
- Do you have a refrigerator for storing milk?
- Is there a place where I can comfortably sit and nurse my baby?
- Am I welcome to visit and breastfeed my baby at any time?
- Do you have additional breastfeeding resources available to families?
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FIND A DESIGNATED BREASTFEEDING-FRIENDLY SAN DIEGO CHILD-CARE PARTNER NEAR YOU!

Contact the Breastfeeding-Friendly San Diego Team at [lw lactation@ucsd.edu](mailto:lw lactation@ucsd.edu)



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