

# Building Blocks to Breastfeeding-Friendly Child Care



## Create a breastfeeding-friendly environment.

- Breastfeeding mothers are encouraged to breastfeed onsite.
- Families and employees are provided a non-restroom space to breastfeed.

## Provide employee training to support breastfeeding.

- Train all employees on breastfeeding-friendly practices.
- Trainings include: benefits of breastfeeding, handling and storing breast milk, creating a breastfeeding supportive environment, policy/procedure development and implementation, and parent engagement and support.

## Implement proper storage, handling and feeding of breast milk.

- Provide refrigerator and freezer space for storage of breast milk.
- Breastfeeding families are instructed on how to properly label and store breast milk.
- An individual feeding plan exists for every infant under 18 months.

## Adopt written policies supporting breastfeeding families and employees.

- A written policy exists and is communicated for supporting breastfeeding families and employees.
- Breastfeeding employees are given appropriate break time to pump or breastfeed.

## Offer breastfeeding resources for families and employees.

- Breastfeeding resources are available for families.
- Breastfeeding resources are available for employees.



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