



## Best Practices for Early Care and Education Programs

### Breastfeeding Best Practices

1. All infant caregivers receive training (or a refresher) on promoting and supporting breastfeeding, including the benefits of breastfeeding and proper labeling, storage and handling of breast milk, on a regular basis, at least every 3 years.
2. A quiet, comfortable and private place (other than a bathroom) is available for mothers to breastfeed or pump and its location is marked or otherwise made known to families.
3. Educational materials and information about breastfeeding resources are available and all enrolled and prospective families are made aware of these resources.
4. There is a written policy that includes current breastfeeding practices.
5. The breastfeeding policy is generally communicated to current and prospective families both in writing and verbally.



Based on Caring for Our Children, National Health and Safety Standards: Guidelines for Out-of-Home Child Care Programs (a joint collaborative project of the American Academy of Pediatrics, the American Public Health Association, and the National Resource Center for Health and Safety in Child Care).