

**MAKE YOUR CHILD CARE  
 BREASTFEEDING FRENDLY!**

SUPPORT FAMILIES WHO ARE BREASTFEEDING

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## Why should becoming a breastfeeding friendly child care matter to your program?

Attracts and retains customers *(less turnover)* Exemplifies that your child care is a leader in health promotion

50% fewer sick days for mom and baby

*(breastfed babies are healthier)*

Receive a certificate to display   
Recognition on the MDH website

## What does it mean to be a breastfeeding friendly child care program?

There is a supportive culture from all staff surrounding breastfeeding

Have a lactation space *(cannot be a bathroom)*

Have a lactation policy or guidelines in handbook

# IS YOUR CHILD CARE READY?



The (*your breastfeeding coalition name here*) may be able to support your initiative with technical assistance and potential funding to create the space.

Contact us at:

**Did you know?** Providing time and space for pumping is the law. To learn more, search online: *“Breastfeeding laws: federal and state”*

# Take it a step further to become a MN Department of Health Breastfeeding Friendly Child Care

## Implement these steps:

**Policy:** Develop a written policy or guideline that is routinely shared with staff and addresses the elements of support, time and space outlined below.

**Support:** Post encouraging messaging in the lactation space and share specific breastfeeding resources in your community **Time:** Give employees time to pump/express

milk

**Space:** Dedicate an area to privately express milk (including a locked door and electrical outlet)

## Apply at:

**https://www.health.state.mn.us/people/  
breastfeeding/recognition/childcare.html**

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