



To start, you will receive:

- Step by step guide
- Free breastfeeding children's book
- Flash drive with actual policies and guidelines

Dear Child Care Provider,

Greetings from the Crow River Area Breastfeeding Coalition, a group formed in 2006 to support breastfeeding families in Meeker, McLeod and Sibley counties!

It is well known that breastmilk is the best nutrition for children under one year of age. Breastfeeding children are sick less often, have lower health care costs, and improve overall health outcomes.

Moms also experience health benefits. Studies show lower incidence of heart disease, diabetes and estrogen cancers as well as increased mental health into their 6th decade of life!

Child care support for breastfeeding is a critical piece of supporting breastfeeding families. You are invited to join us in demonstrating your commitment by becoming certified by the Minnesota Department of Health as a "Breastfeeding Friendly Child Care Center."

Our team will assist you with the process AND you will receive free items to complete the steps!

We look forward to working with you to show your commitment to our community's breastfeeding families!

Sincerely, Co-Chairs and Treasurer,

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McLeod County

1.



2.

Through the process, you will receive assistance with any questions you may have.



3.

When you are ready to send application, you will receive a free "Nina the Nursing Cat!"



4.

Submit your completed application and then receive your certificate! Celebrate!