

Child Care Breastfeeding Policy
(Sample; adapted from North Carolina's policy for centers)

Because I am committed to healthy mothers and children,
My Child Care Program Supports Breastfeeding

In order to support families who are breastfeeding or who are considering breastfeeding, I strive to do the following:

- Make a commitment to the importance of breastfeeding, especially exclusive breastfeeding, and proudly share this commitment with current and prospective families.
- Train any helpers or substitutes in best practices for feeding infants and young children.
- Inform families about the importance of breastfeeding.
- Develop a breastfeeding-friendly feeding plan with each family.
- Learn best practices for handling, storing, and feeding mother's milk.
- Teach parents to properly store and label their milk for use at child care.
- Provide a breastfeeding-friendly environment, welcoming mothers to nurse their babies in my program.
- Display posters and brochures that support breastfeeding and show best practices.
- Contact and coordinate with local sources of skilled breastfeeding support and actively refer parents.
- Continually update my information and learning about breastfeeding support.

Breastfeeding Policy Framework

1) This is who I will initiate a breastfeeding conversation with: _____

2) This is when I will have the conversation with them: _____

3) I will learn best practices for handling, storing and feeding mother's milk every _____ years.

4) This is how I will teach these best practices to the families I serve: _____

5) This is how I will teach best practices to my helpers/substitutes: _____

6) This is where mothers can nurse their babies in my program: _____

7) This is where I will store breast milk for nursing babies: _____

8) This is where I will store any formula I have in my program: _____

9) Children activities I will do in my program to normalize breastfeeding are: _____

10) This is where I can store (and make available to families) the breastfeeding resources: _____

11) I can display a breastfeeding poster in my program here: _____

12) This is who/where I can get more breastfeeding resources from: _____