



Child Care Center Breastfeeding Policy

Research has documented a multitude of health benefits both for children who are breastfed, and for their mothers. This child care center promotes breastfeeding, supports families, and protects their ability to continue breastfeeding while their children are here in our care.

- **Mothers are provided a place in our center to breastfeed or express their milk.** Our center provides a private and sanitary space for mothers, including employees, to breastfeed their babies and/or express their milk. Mothers are also welcome to breastfeed in the infant/toddler care area.
- **We offer no food or drink other than their mother's breastmilk to babies unless requested by the parents in the infant feeding plan.** Mothers are encouraged to breastfeed at drop off, pick up, and on breaks if possible. We try to coordinate feeding times with the child's normal schedule.
- **Staff are trained on feeding breastfed infants, and to follow appropriate guidelines for the handling of human milk.** We feed infants "on-demand" – responding to infant hunger and fullness cues – and using paced bottle-feeding methods or a cup.
- **Refrigerator and freezer space is available for storage of expressed human milk.** Breastfeeding mothers and employees may store their expressed milk in the center refrigerator. All milk must be in clean containers with water-resistant labels stating the child's full name and date the milk was expressed. We recommend preparing feedings in amounts of 2-4 ounces to avoid waste. Families are encouraged to also leave a small backup supply of frozen breastmilk at the center.
- **We share information about breastfeeding and local resources that can provide help to families.** Our center displays images of breastfeeding and offers educational materials. We refer to additional support services when needed.
- **This policy is shared with all families during parent orientation, and with all staff upon hire.**

Director Signature: _____ Kristina Trombley _____ Date: ____3/6/18____