

Sample Child Care Center/Family Child Care Home Breastfeeding Policy

Child Care Aware® of Kansas offers this model child care policy to directors and staff of child care centers and family child care home providers for adaptation.

Belief Statement

Because breastfeeding provides the healthiest start for babies, providing ideal nutrition and a multitude of health benefits for both the infant and the mother, it is important for child care providers to support and encourage breastfeeding.

<<[Child Care Center/Family Child Care home here](#)>> breastfeeding policy is as follows:

1. We provide an atmosphere that welcomes breastfeeding families.
2. We support mothers who continue to breastfeed their infants/children as they return and continue to the workforce or school.
3. We provide breastfeeding mothers a provide space other than a bathroom to breastfeed their babies or express milk. We welcome mothers to breastfeed in the classroom as well.
4. We maintain a breastfeeding supportive environment through posting and providing culturally appropriate breastfeeding support materials (pictures, posters, books, etc) not including those produced or supplied by formula companies.
5. We “check-in” with mothers for feedback and ways to continue providing support.
6. Staff communicates the infant’s individualized schedule (i.e., feeding napping, etc) so a mother can adjust her schedule for pumping and/or visiting to feed her infant.

Initial Contact

7. We discuss breastfeeding support with all potential new families and share our policy and breastfeeding resources with them. The breastfeeding policy is included in the parent handbook.
8. We work with families prior to their first day in child care to transition the infant to bottle or cup feedings.

Feeding and Handling Milk

9. Staff follows storage and handling of breast milk as defined by the Kansas Department of Health and Environment regulations.
10. We discuss with all families how expressed milk is handled at our center/home.
11. Freezer space is available for milk storage.
12. Staff informs families through written procedures on the proper way to label and handle breast milk.
13. Staff informs families about the quantity of milk remaining in containers to avoided waste. Staff fills the bottle with small amounts to reduce having to discard unfinished milk. Staff will have additional breast milk available to add to the bottle as needed.
14. We develop an individualized feeding plan with each family including feeding responsively as we observe hunger cues and coordinating the last feeding of the day to meet the mother’s feeding needs (either to feed or to await mother’s feeding).
15. Infants are fed by the same caregiver as often as possible. All caregivers hold infants when feeding them using the paced bottle feeding method whenever possible. When an infant is able to hold their bottle they should be given the opportunity to self feed.

Staff Training

16. Staff receives training every 3 years on how to support breastfeeding.
17. Staff is monitored for compliance with breastfeeding policy and standards.
18. Families have the right to request information about the content of breastfeeding training for staff.
19. This policy is reviewed annually and updates to incorporate new evidence based research and practices.

Staff member

Date