

# WATERMELON and WIGGLES



## A child care provider has a huge impact on a family's success in breastfeeding.

There is [strong evidence](#) that breastfeeding young children creates more positive health outcomes for baby and mothers, including decreased rates of Sudden Infant Death Syndrome (SIDS) and illness. According to the Centers for Disease Control (CDC), [more Minnesota mothers are breastfeeding](#) and for longer periods of time.

Most recent [data shows](#) that 90% of infants were breastfed at some point in their young life. That percentage drops to 65% at 6 months and 39% at 12 months of age. Social supports for mothers are incredibly important to keep the breastfeeding rates as high as possible, especially when mothers return to work and infants go into the care of child care providers. The breastfeeding rates can also be lower for women and children of color. By letting parents know you support breastfeeding, you are opening the door to better communication around this important topic.

Check out the [Minnesota Department of Health Breastfeeding Fact Sheet](#) for more information.



## The whole community benefits from breastfeeding

Breastmilk provides antibodies and immune support that reduces risk of ear infections, colds and other illness for baby. There is even a connection to breastfeeding and healthy childhood weight later on down the road. By supporting breastfeeding mothers, you are supporting the **overall health of the population and curbing the spread of seasonal illnesses like cold and flu.**

Breastfeeding also supports mom's health by helping her return to pre-pregnancy weight, and decreases risk of breast and ovarian cancer. In turn, **decreasing weight-related disease and cancer alleviates pressure on rising healthcare costs for all communities.**

## MOVERS & SHAKERS Upcoming Events

### Partner with us!

A [new study shows](#) SHIP-trained child care providers are more likely to implement healthy practices. The

study concludes that SHIP partners are 46 percent more likely to implement a healthy eating initiative and 64 percent more likely to implement a physical activity policy.

If you're interested in learning more about partnering with Dakota County on childhood wellness, contact Fartun Ahmed at:

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## Did you know

Child care centers also see a financial benefit of supporting breastfeeding? If you are a Child and Adult Care Food Provider provider, meals containing breastmilk are **reimbursable**.

Check out the Minnesota Department of Health's [Breastfeeding Information for Child Care Providers](#) page.

**Breastmilk has a significant effect on increasing immunity in infants.**

**Infant Connection: Immune Support**

Beyond all the nutritional needs like vitamins, minerals, carbohydrates, proteins and fats, breastmilk delivers necessary antibodies and anti-virus protection for babies, needed hormones, anti-allergy, anti-cancer and anti-parasite elements, plus prebiotics and probiotics.

It is no wonder babies who receive breastmilk are less likely to get sick. This immunity extends into their adolescent lives too.

## Resources:

- [Breastfed Babies Welcome Here!](#) Resources for CACFP providers. The USDA is providing communication tools to inform families that breastfed babies are welcomed at a child care site. A mother's guide, poster and a graphic are included. If you are not a CACFP provider, you can still download and print copies.
- [No-cost Online Course with 1.0 contact hours of training credit:](#) to provide knowledge and skills when administering medications at your child care center. Learn how to identify medications, improve procedures for receiving and administering, documentation, recognize and respond to adverse reactions.
- No-cost *Thirty on Thursdays* CACFP training webinar: [Serving Vegetables in the CACFP - March 21st 2019:](#) (English 1:00-1:30pm, Spanish 2:00-2:30pm CST).

## Pete's Child and Adult Care Food Program (CACFP) Pizza

### Ingredients:

- 12 Whole grain English muffins
- 6 cups tomato sauce
- 3 cups broccoli, finely chopped
- 6 cups lima, black or northern beans
- 1-1/2 cups red peppers, diced
- 1-1/2 cups onions, diced
- 3 cups mozzarella cheese
- 6 tsp oregano



### Directions:

- 1 Preheat oven to 400 degrees
- 2 Split English muffins. Pre-toast lightly
- 3 Add toppings in order listed
- 4 Bake for 10 minutes

(page 82, serves 24)

CACFP crediting equals 1 Grain/Bread, 1 Fruit/Vegetable & 1 Meat/Meat Alternative

For Toddlers and Preschoolers



Breastmilk falls under the infant diet section of child care licensing regulations. Regardless of what age kids in your care transition out of infant rooms and into toddler and preschool rooms, breastmilk can legally follow them.

Breastmilk is never prohibited after a certain age and accommodations can always be made for a family who chooses to include breastmilk in their child's diet. Because licensing requirements doesn't provide language explicitly stating this, there can be policy confusion on if breastmilk is allowed out of the infant room or after 12 months of age.



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