



# Breastfeeding Friendly Health Departments (BFHD)

BUILDING CAPACITY THROUGH THE 10 STEP PROCESS

Step 10 - Facilitate access to information and training for local child care centers/providers/schools on how to support a breastfeeding mother

## Connect Infant Caregivers with Training and Resources to Support Breastfeeding

Proper training can dispel myths, change attitudes and provide child care providers with accurate information about handling, storage and feeding of breastmilk.

Knowledgeable caregivers can provide encouragement and support to mothers who want to continue breastfeeding when they are separated from their babies while they work or go to school.

Local public health staff can direct child care providers to their local Child Care Resource & Referral agency or WIC staff for appropriate in-person and online trainings, such as Supporting Breastfeeding in Child Care Programs and Let's Move Child Care's Nutrition, Beverages and Infant Feeding.

Staff in BFHDs can also help providers who wish to support breastfeeding by offering resources, such as tip sheets, sample breastfeeding policies, and resource lists for caregivers and for families.

## Resources

- Wisconsin's 10 Steps to Breastfeeding Friendly Child Care Centers: <http://www.dhs.wisconsin.gov/publications/P0/P00022.pdf>
- Breastfeeding standards and best practices from Caring for Our Children (pages 26-31): [http://nrckids.org/CFOC3/PDFVersion/preventing\\_obesity.pdf](http://nrckids.org/CFOC3/PDFVersion/preventing_obesity.pdf)
- Child Care Aware – Professional Development information for child care providers: <http://www.childcareawaremn.org/professionals-caregivers/professional-development>

## Support for Breastfeeding in Child Care Is Critical

A breastfeeding mom faces many challenges and barriers, especially when returning to work or school. A trained and supportive child care provider can make the difference for moms to follow the recommendation of exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced.

Many child care providers have no personal experience with breastfeeding and may not understand its important benefits not only for mom and baby, but also for their child care program, the environment and the economy. In addition, some caregivers believe the myth that breastmilk is a hazardous “bodily fluid”, aren't familiar with laws protecting breastfeeding, or mistakenly think that storing and feeding breastmilk will be too complicated.

Training and information can change these attitudes and give child care providers the tools they need to be breastfeeding-friendly.



## Six Action Steps:

- 1) **Learn** about the basic rules and regulations that govern nutrition and food safety in child care (state licensing regulations, Child & Adult Care Food Program requirements).
- 2) **Encourage** infant and toddler caregivers to seek out breastfeeding training through the child care professional development system (Child Care Resource & Referral).
- 3) **Distribute** materials to child care providers that promote and demystify breastfeeding, pumping breastmilk, and how to feed breastfed babies.
- 4) **Create** and provide a resource list of breastfeeding organizations and websites for child care providers to offer to parents who need more support or assistance.
- 5) **Encourage** caregivers to embed their new practices into policies.
- 6) **Encourage** child care providers to participate in the Breastfeeding Friendly Child Care Recognition Program (currently being developed by MDH).

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