

Breastfeeding-Friendly Child Care: Action Plan

Your Name: _____ Date: _____

Child Care Facility Name: _____

Commitment to Breastfeeding Section: Make a commitment to the importance of breastfeeding, including written policies and procedures and supporting staff's decision to breastfeed.

Goals	Actions to Reach Goal	Persons Involved	Target Date for Completion
<i>Example: Write staff policy and add to handbook</i>	<i>Go to BoulderCountyBreastfeeding.org to download a sample policy</i>	<i>Director</i>	<i>End of August</i>

Education and Training Section: Train yourself and staff in the skills to support breastfeeding, require continued education updates at least once a year and provide education to families and visitors.

Goals	Actions to Reach Goal	Persons Involved	Target Date for Completion
<i>Example: Train all staff on Breastfeeding Friendly Childcare information</i>	<i>Go to BoulderCountyBreastfeeding.org to download sample training</i>	<i>Director/Infant nursery supervisor</i>	<i>End of August</i>
	<i>Set time and date for training</i>	<i>Director/Infant nursery supervisor</i>	<i>End of August</i>

Breastfeeding Friendly Environment Section: Create a culture and environment at your program that is openly supportive of breastfeeding.

Goals	Actions to Reach Goal	Persons Involved	Target Date for Completion
<i>Example: Create prop box with nursing animal and books</i>	<i>Purchase box to be used as prop box</i>	<i>Infant nursery supervisor</i>	<i>End of July</i>

Communication Section: Build strong relationships and communicate regularly with your staff and families.

Goals	Actions to Reach Goal	Persons Involved	Target Date for Completion
<i>Example: Add storage and handling guidelines to infant handbook</i>	<i>Cut and paste document from toolkit to handbook</i>	<i>Director</i>	<i>End of August</i>

Resources Section: Refer families to local breastfeeding resources, services, and skilled breastfeeding support.

Goals	Actions to Reach Goal	Persons Involved	Target Date for Completion
<i>Example: Make copies of resource guide available to families</i>	<i>Go to BoulderCountyBreastfeeding.org to download the resource guide</i>	<i>Infant nursery supervisor</i>	<i>End of July</i>
	<i>Make copies of resource guide</i>	<i>Infant nursery supervisor</i>	<i>End of July</i>

This action plan was adapted from the "Action Planning Guide" of the Nutrition and Physical Activity Self-Assessment for Child Care Program (NAP-SACC) developed by the Center for Health Promotion and Disease Prevention, UNC Gillings School of Global Public Health, University of North Carolina at Chapel Hill.

This action plan can be downloaded at BoulderCountyBreastfeeding.org.