

SAMPLE CHILD CARE CENTER/FAMILY CHILD CARE HOME MODEL BREASTFEEDING POLICY

The Colorado Department of Public Health and Environment offers this model child care policy to directors and staff of child care centers and family child care home providers for adaptation. The purpose of this policy is:

- To ensure breastfeeding standards of service and support.
- To inform parents and the public about the breastfeeding supportive services a child care center/family child care home provides.
- To ensure families receive support to breastfeed their child to their goals.
- To prepare centers and home providers for expectation of licensure policy requirement and child care food program compliance.
- To provide centers and home providers standards for which to use to measure staff performance.

<<Child care center/ family child care home name>> breastfeeding policy is as follows:

Supportive Environment

1. We provide an atmosphere that welcomes breastfeeding families. We support mothers who continue to breastfeed their infants/children as they return and continue to work.
2. We have a private, designated space (other than the bathroom) for mothers to breastfeed their children. If a space is not available, a portable divider/partition will be made available. We welcome mothers to breastfeed in the classroom as well.
3. We maintain a breastfeeding supportive environment through posting and providing culturally appropriate breastfeeding support materials (pictures, posters, etc) not including those produced or supplied by commercial entities and/or manufactures of infant formula.
4. We “check-in” with mothers for feedback and ways to continue providing support.
5. Staff communicates the infant’s changing schedule (i.e., feeding, napping, etc.) so a mother can adjust her schedule for pumping and/or visiting to feed her infant.

Initial Contact

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

Feeding and Handling Milk

8. Staff follows storage and handling of breast milk as defined by Colorado Department of Human Services regulations.
9. We discuss with all families how expressed milk is handled at our center/home.
10. Freezer space is available for milk storage.
11. Staff informs families on written procedures on the proper way to label and handle breast milk.
12. Staff coordinates with parents about the quantity of milk remaining in containers to avoid waste. Staff fills bottles with less breast milk than necessary for a feeding. Staff will have additional breast milk available to add to the bottle as needed.
13. We develop a sustainable feeding plan with each family including feeding infants on demand as we observe hunger cues and coordinating the last feeding of the day to meet the mother’s feeding needs (either to feed or await mother’s feeding).
14. Infants are fed by the same caregiver as often as possible. All caregivers hold infants when feeding them.

Staff Training

15. Staff receives training at a minimum of once a year on feeding breast milk, breastfeeding policy, supporting exclusive breastfeeding, and transitioning to whole milk.
16. Staff is monitored for compliance with breastfeeding policy and standards.
17. Families have the right to request information about the content of breastfeeding training for staff.
18. This policy is reviewed annually and updated to incorporate new evidence based research and practices.

Child Care Center Director/Family Child Care Home Provider Signature

Date

Disclaimer: All articles, samples, and resources offered by the Colorado Department of Public Health and Environment are for informational purposes only and should not be construed as professional advice. Sample policies and procedures may need to be adapted to best suite your organization’s unique circumstances. **We encourage your organization to see appropriate professional assistance as needed.**