



Breastfeed Colorado



Finding a Breastfeeding Friendly Child Care Provider

Breastfeeding Friendly Child Care Providers Will...

- ◆ Have an understanding of and discuss with parents the child's feeding patterns, methods, and amounts
- ◆ Plan for weekly fluctuations in the breastfeeding parent's milk supply
- ◆ Provide a private, comfortable place for parents to nurse or pump
- ◆ Train staff on breastfeeding, including how to use "paced bottle feeding" methods to make sure the child gets the right amount of milk at each feeding – this mimics the rhythms of feeding at the breast.

Breast Milk Storage and Preparation Safety

- ◆ Visit the following website for safety guidelines and compare these to what the child care provider does: <http://po.st/rcFkXi>. If the provider is unfamiliar with some of these safety guidelines, share them with the provider and ask if they are willing to follow them.

Breastfeeding Schedule

- ◆ Infants who are fed breast milk often need to eat more often than infants who are fed formula because breast milk is more easily digested. Infants should be fed on demand - when they show feeding cues such as opening and closing the mouth, sucking on hands, rooting, etc. Crying is a late sign of hunger.
- ◆ Ensure the provider is willing to communicate with the mother and coordinate feeding times with pick up times so that child is ready to nurse when the mother arrives.

Breast Milk Alternatives

- ◆ A breastfeeding friendly child care provider will never feed your child formula or anything else without your permission. Talk with the provider about your wishes so that you both understand and agree, and continue this communication over time as needs change.

Labeling and Storage of Breast Milk

- ◆ The child care provider should require families to label breast milk with the child's name and date so that breast milk is used while fresh and is not accidentally given to the wrong child.
- ◆ The provider should have adequate refrigerated space to store breast milk and should follow specific guidelines for breast milk storage and handling that correspond with state guidelines.

Length of Time Child Care Will Feed Breast Milk

- ◆ Breastfeeding friendly child care providers should be willing to feed your child breast milk as long as you wish. The American Academy of Pediatrics recommends that children breastfeed for at least one year, and then as long as mutually desired by parent and child. The World Health Organization recommends up to 2 years of breastfeeding.

