

Breastfeeding Friendly Child Care Self-Assessment

Your Name: _____ Date: _____

Child Care Program Name: _____

Child Care Program Address: _____

Contact Email: _____ Phone: _____

Position Held: _____

The following sections describe ways child care professionals can provide the best support for breastfeeding families. Each section includes specific actions and recommended practices. Use this assessment to understand your current practices, to track changes in your program, and as a training tool to help your program improve its breastfeeding support.

Please read each practice and mark those that best reflect the practices most often used in your program currently. To be considered Breastfeeding Friendly, programs must be using practices in the “Breastfeeding Friendly” or “Breastfeeding Advocate” columns.

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

Practice	Progressing	Breastfeeding Friendly	Breastfeeding Advocate
A clear written policy supporting breastfeeding for both families and staff (must guarantee employees have adequate time and space to breastfeed or pump) – See sample policy	<input type="checkbox"/> Exists informally, or is written but not regularly communicated to staff	<input type="checkbox"/> Is written, easily available, and regularly communicated to staff, families (including potential families) and visitors	<input type="checkbox"/> Is written, easily available, regularly communicated to all staff and families, and is posted, printed, or displayed and actively discussed on tours
Staff and families receive accurate printed materials and information about breastfeeding.	<input type="checkbox"/> Are not available at our program or are available upon request by our staff and families	<input type="checkbox"/> Are easily available at our program for our staff and families	<input type="checkbox"/> Are actively distributed to all staff, families and visitors
Breastfeeding staff are given appropriate breaks to pump breast milk and/or nurse their children as needed	<input type="checkbox"/> Sometimes, if they ask	<input type="checkbox"/> Always	<input type="checkbox"/> Always, and are encouraged to bring their children to work or enroll their children in the program
Exclusively breastfed babies are fed only breast milk during the first 6 months, meaning no formula, water or solid foods are fed, without prior permission from the family	<input type="checkbox"/> Sometimes, but not all the time	<input type="checkbox"/> Always	<input type="checkbox"/> Always, and information is provided to all families about waiting until 6 months to feed solid foods (*AAP recommendation)

2. Education and Training: 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.

Practice	Progressing	Breastfeeding Friendly	Breastfeeding Advocate
Staff receive training on safe handling and storage of human milk	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> Once each year, for staff providing direct care of babies	<input type="checkbox"/> At least once each year, all staff pursue additional training more than one time each year*
Staff receive training on age-appropriate feeding practices, including recognizing baby hunger cues and feeding in response to those cues	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> Once each year, for staff providing direct care of babies	<input type="checkbox"/> At least once each year, all staff pursue additional training more than 1 time each year*
Staff receive training on breastfeeding, including the health benefits, importance of exclusive breastfeeding and supportive practices	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> Once each year, for staff providing direct care of babies	<input type="checkbox"/> At least once each year, all staff pursue additional training more than 1 time each year*
In our program, reference materials for staff that include information on breastfeeding and breast milk feeding	<input type="checkbox"/> Are not available, or exist, but are not easily accessible to staff	<input type="checkbox"/> Are comprehensive, up-to-date, and easily accessible to staff	<input type="checkbox"/> Are comprehensive, up-to-date, easily accessible, and actively distributed to staff
Staff evaluations include a review of client breastfeeding support activities	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Always with infant room staff	<input type="checkbox"/> Always with all staff

*Additional training may include recommended webinars, seminars, Boulder County Public Health trainings, lactation management specialist training, and certified lactation counselor training. For training ideas/options visit BoulderCountyBreastfeeding.org, click on "Breastfeeding Friendly Childcare."

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

Practices	Progressing	Breastfeeding Friendly	Breastfeeding Advocate
Handouts and other educational materials that promote exclusive and any breastfeeding	<input type="checkbox"/> Are not available, or are available but not displayed	<input type="checkbox"/> Are displayed in more than one area	<input type="checkbox"/> Are displayed in more than one area and actively distributed or discussed with families
Breastfeeding families are encouraged to come and nurse or feed their children onsite	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Always, including a written invitation in materials provided by the center	<input type="checkbox"/> Always, including a written invitation in materials provided by the center and the offer of breastfeeding support groups
A clean, designated area, (other than a bathroom,) for staff, families and visitors to nurse and/or express breast milk	<input type="checkbox"/> Is not available or only available at certain times	<input type="checkbox"/> Is always available, has appropriate seating, an electrical outlet, and is shielded from view and free from intrusion	<input type="checkbox"/> Is always available, has appropriate seating and an electrical outlet, is shielded from view and free from intrusion, and is stocked with educational materials and breastfeeding supplies
Posters that contain information about breastfeeding and photos of breastfeeding children and animals*	<input type="checkbox"/> Are not posted or are displayed only in the infant room	<input type="checkbox"/> Are displayed throughout and formula marketing materials are hidden from view	<input type="checkbox"/> Are displayed in multiple locations, formula and formula marketing materials are hidden from view and the center has not received anything free from formula companies
Toys and books that show breastfeeding children and nursing animals	<input type="checkbox"/> Are not available	<input type="checkbox"/> Are available to most of the children in our program	<input type="checkbox"/> Are available to and utilized with all of the children in our program

Downloadable posters are available at BoulderCountyBreastfeeding.org, click on “Breastfeeding Friendly Childcare.”

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

Practices	Progressing	Breastfeeding Friendly	Breastfeeding Advocate
Handouts and other educational materials that promote exclusive and any breastfeeding	<input type="checkbox"/> Are not available, or are available but not displayed	<input type="checkbox"/> Are regularly available and displayed	<input type="checkbox"/> Are regularly available, displayed in more than one area and actively distributed or discussed with families
Instructions on how to properly label, handle, and store breast milk for use in the child care program is provided to staff and families	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Regularly as needed, informally, or in writing, all breast milk is properly labeled	<input type="checkbox"/> Regularly as needed, as written guidelines, all breast milk is properly labeled, and additional storage and pumping information is regularly provided
Breastfed children are not fed in the last 1 to 1.5 hours before scheduled pick up time	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Always, with regular communication and coordination of family schedules	<input type="checkbox"/> Always, with regular communication and coordination of family schedules and encouragement of families to feed onsite
A written feeding plan for each child under 15 months	<input type="checkbox"/> Does not exist or is not regularly updated or communicated with families	<input type="checkbox"/> Is written, accessible, communicated with families, and updated at least every three months	<input type="checkbox"/> Is written, accessible, communicated with families, and updated at least every month
As part of the feeding plan, support for breastfeeding is	<input type="checkbox"/> Not explicitly included <input type="checkbox"/> Sometimes included, but relies on the caregiver to add additional information to standard form	<input type="checkbox"/> Usually included, and part of the checklists/blanks to be filled in by parents and caregivers	<input type="checkbox"/> Always included, covering age-appropriate introduction of solid food, feeding in response to baby's cues, and inviting the parent to come to the center to nurse the baby
Feeding in response to a child's hunger cues	<input type="checkbox"/> Is not practiced in our program or is not discussed with families	<input type="checkbox"/> Is practiced in our program and discussed with all families	<input type="checkbox"/> Is practiced in our program, discussed with all families, and written materials are provided

* AAP=American Academy of Pediatrics, WHO=World Health Organization, ABM=Academy of Breastfeeding Medicine

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

Practices	Progressing	Breastfeeding Friendly	Breastfeeding Advocate
A list of community breastfeeding resources for referral	<input type="checkbox"/> Exists, but is not easily accessible to staff and families	<input type="checkbox"/> Is comprehensive, up-to-date, and easily accessible to staff and families	<input type="checkbox"/> Is comprehensive, up-to-date, easily accessible to staff and families, and actively distributed
We make referrals to community breastfeeding resources	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Actively and often

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

This assessment can be downloaded at BoulderCountyBreastfeeding.org.