



# BREASTFEEDING FRIENDLY CHILD CARE

*Sponsored by Child Care Aware<sup>®</sup> of Kansas*

## TOOL KIT



Kansas  
Breastfeeding  
Coalition, Inc.



Kansas  
Breastfeeding  
Coalition, Inc.

[www.KSBreastfeeding.org](http://www.KSBreastfeeding.org)

Created by Indiana Perinatal Network. Used with permission.

## Contents

Becoming a recognized Breastfeeding Friendly Child Care Provider	3
Why is breastfeeding important?	4
Steps to becoming a Breastfeeding Friendly Child Care Provider	5
What is <i>Go NAPSACC</i> ?	6
Five Breastfeeding Friendly Child Care Provider Criteria	7
Environment	8
Policies	9
Information for families	10
Staff training	11
Breastfeeding employees	12
Need help meeting the five criteria?	13
Breastfeeding and the Child and Adult Care Good Program	14

## Become a recognized *Breastfeeding Friendly Child Care Provider*

This toolkit explains how to become a recognized *Breastfeeding Friendly Child Care Provider*. Achieving this designation shows parents and your community that your program follows national breastfeeding and infant feeding standards. It lets everyone know that you are committed to helping families give their children the best start they can – with breastfeeding!

Child care programs that complete the *Breastfeeding Friendly Child Care Provider* designation will:

- Receive a *Breastfeeding Friendly Child Care Provider* and *We Care for Breastfed Babies* window decal. These decals let parents know that programs support breastfeeding.
- Be listed on the Child Care Aware® of Kansas website as a *Breastfeeding Friendly Child Care Designation Recipient*. Being a designated program is also indicated in your program profile for those parents that are searching for a breastfeeding supportive program.



**BREASTFEEDING  
FRIENDLY  
CHILD CARE**

*Sponsored by Child Care Aware® of Kansas*



## Why is breastfeeding important?

- **Breastfeeding is good for babies.** Breast milk is the perfect food for babies. Breastfeeding reduces illness, the risk of SIDS, and supports optimal weight and brain development in children.
- **Breastfeeding is good for moms.** Breastfeeding supports mothers' mental health and lowers her risk for certain diseases and cancer.
- **Breastfeeding is good for child care providers.** Supporting breastfeeding families means healthier children, better daily attendance, higher parent satisfaction, and financial benefits for providers who participate in the USDA's Child and Adult Care Food Program (CACFP).

Many moms start out breastfeeding, but find it difficult to continue when they return to work or school. Child care programs that support breastfeeding families allow parents to continue to breastfeed and feed their babies breast milk for as long as they want.

**Exclusive Breastfeeding.** The American Academy of Pediatrics recommends that babies are exclusively breastfed - babies are fed only breast milk - for the first six months. Babies should continue to be breastfed for at least the first year of life as solid foods are slowly introduced.



## Steps to becoming a *Breastfeeding Friendly Child Care Program*:

1. Complete and sign the *Breastfeeding Friendly Child Care Provider Designation* [application](#).
  - The form is available on the [Kansas Breastfeeding Coalition](#) and the Child Care Aware of Kansas websites. You may email [info@ksbreastfeeding.org](mailto:info@ksbreastfeeding.org) to request a hard copy.
  - The owner or director of the child care center or family child care home must sign the form
  - All criteria statements must be honestly answered “yes”
2. Send the following to Child Care Aware of Kansas by email to [info@ks.childcareaware.org](mailto:info@ks.childcareaware.org) or fax to (785) 823-3385 Attn: BFCCD or mail to Child Care Aware® of Kansas, Attn: Breastfeeding Friendly Child Care Designation, PO Box 2294, Salina, KS 67402-2294:
  - Your signed *Breastfeeding Friendly Child Care Provider Designation* application
  - A picture of your breastfeeding space
  - A copy of your breastfeeding policies

Providers may complete a [Go NAPSACC Breastfeeding and Infant Feeding Self-Assessment](#) to improve their practices towards achieving the designation. NAPSACC stands for Nutrition and Physical Activity Self-Assessment for Child Care. This is not a requirement of the designation.

## What is Go NAPSACC?



NAPSACC stands for Nutrition and Physical Activity Self-Assessment for Child Care. *Go NAPSACC* is a trusted online tool that helps child care programs support children’s healthy eating and physical activity.

*Go NAPSACC* helps child care programs see how well they meet national standards and best practices in seven areas:

- Child Nutrition
- Infant & Child Physical Activity
- Breastfeeding & Infant Feeding
- Outdoor Play & Learning
- Farm to ECE
- Screen Time
- Oral Health

*Go NAPSACC* helps child care providers set goals and make changes to better meet national standards. The [Go NAPSACC website](#) provides an online library of helpful videos and resources on nutrition and physical activity in the child care setting.

Access *Go NAPSACC* “Breastfeeding & Infant Feeding” printable self-assessment forms for [Family Child Care](#) and for [Child Care Centers](#) online.

For access to online self-assessments and resources or more information about *Go NAPSACC* in Kansas email [info@ks.childcareaware.org](mailto:info@ks.childcareaware.org) or call Child Care Aware of Kansas at 855-750-3343.

### **Suggestion:**

Complete the *Go NAPSACC* “Breastfeeding & Infant Feeding” self-assessment to identify ways for your program to improve breastfeeding support. This could be your first step on the journey to becoming a “Breastfeeding Friendly Child Care Provider”!

## **Five Criteria: *Breastfeeding Friendly Child Care Provider Designation***

The following pages explain the five criteria for the *Breastfeeding Friendly Child Care Provider Designation*. These statements follow the standards found in [\*Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 4th ed.\*](#).

**1 Culturally appropriate breastfeeding friendly environment.**

**2 Written policies that reflects their support and commitment of breastfeeding mothers.**

**3 Provides accurate information to breastfeeding families.**

**4 Staff are trained in the skills to support and promote breastfeeding.**

**5 Support breastfeeding employees.**

# Criteria #1: The facility creates a culturally appropriate breastfeeding friendly environment.

At a minimum, this includes:

- Culturally appropriate posters, brochures, children’s books, and other materials that illustrate best practices and demonstrate that the facility supports breastfeeding. Items are displayed in the:
  - Entrance or other public spaces
  - Infant classroom-when applicable
  - Toddler and/or preschool classrooms-when applicable
  - Space set aside for breastfeeding
- Breastfeeding mothers are provided a clean, quiet and comfortable space other than a bathroom to breastfeed their babies or express milk.
- The space has privacy, an electrical outlet, comfortable seating, sink with running water in the room or nearby and a refrigerator to store expressed milk if needed.
- The facility welcomes mothers to visit and breastfeed their babies while in care.
- The facility allows direct breastfeeding (around the children).

In addition, your facility might consider:

- Providing refrigerator and/or freezer space for all breastfeeding mothers to store expressed breast milk



## Resources:

- ✓ [Breastfeeding Friendly Books & Toys](#)
- ✓ Posters:
  - [“Breastfeeding” poster](#) (free)
  - [Breastfeeding Poster](#)
  - [Our Child Care Center Supports Breastfeeding Poster](#)
  - [Breastfed Babies Welcome Here poster](#)

**Reminder:** Include a picture of your breastfeeding space in your *Breastfeeding Friendly Child Care Provider* application packet.



## Criteria #2: The facility has written policies that reflects their support and commitment of breastfeeding mothers.

At a minimum, this includes:

- A written breastfeeding policy for families which includes:
  - Professional development for all staff (substitutes) caring for children ages 0-3 years including the program director
  - Educating families on breastfeeding
  - Providing a clean, quiet and comfortable space for mothers to breastfeed or expressmilk
  - Creating individualized feeding plans which include feeding infants as staff observes hunger cues and feedings are coordinated to meet the needs of the mother
  - Proper way to store and label expressed breast milk as defined by the Kansas Department of Health and Environment (KDHE)
- The policy is reviewed annually and updated to incorporate new evidence-based research and practices.
- Enrolled families are informed and provided a copy of the policy.
- Fathers are included in the discussions about breastfeeding.
- The staff informs families on how they can be supported in their efforts to continue breastfeeding.

In addition, your program might consider:

- A clear statement that your site welcomes and supports parents who breastfeed their babies
- A commitment to follow the national standards for breastfeeding and infant feeding from the *Caring for Our Children National Health and Safety Performance Standards, Guidelines for Early Care and Education Programs, 4th ed.*

### Resources:

- ✓ [Policy Sample](#)
- ✓ [BFCCD Policy Template for Programs](#)
- ✓ [Sample Child Care Center Policy Template](#)
- ✓ Paced Bottle Feeding Video - <https://www.youtube.com/watch?v=UH4T700SzGs>
- ✓ [Infant Feeding Plan](#)
- ✓ [Resources for Fathers & Siblings to Support Breastfeeding](#)

## Criteria #3: The facility supports and provides accurate information to breastfeeding mothers and family members.

At a minimum, this includes:

- Staff displays a positive attitude about breastfeeding.
- A list of community breastfeeding resources to be used for referral is updated annually.
- Families are informed about the benefits of breastfeeding and ways your program supports breastfeeding.
- Current educational materials (within the last 5 years) are available to breastfeeding families.
- Written materials **are not** produced by infant formula companies.
- Mothers are encouraged to exclusively breastfeed for 6 months and continue breastfeeding at least a year and beyond if mutually desired.
- Staff assists families prior to their first day in child care to transition the infant to bottle or cup feeding.
- Breastfeeding support is part of discussion with all potential infant and toddler enrollment.

In addition, your program might consider:

- Posting your breastfeeding policies on your website
- Provide breastfeeding information in your newsletter and/or on your Facebook page

### Resources:

- ✓ [Breast Pump Bag Tag](#) – Parent outreach tool. Email [info@ksbreastfeeding.org](mailto:info@ksbreastfeeding.org) to order.
- ✓ [Do this...Not This" Tips Sheet for Child Care Providers](#)
- ✓ [Resource List for Providers & Families](#)
- ✓ [Breastfed Babies Welcome Here guide](#)
- ✓ [Ready Set Breastfeed](#)
- ✓ [You Have Everything Your Baby Needs- English; Spanish](#)
- ✓ [Feeding Tips" card](#) – Breast milk storage guidelines and bottle-feeding tips
- ✓ [Breastfeeding 911 card](#) To connect families and providers to local breastfeeding support
- ✓ [Infant Feeding Guide](#) – basic breastfeeding information for families
- ✓ [Safe Infant Sleep and Breastfeeding Support: What to Consider When Looking for Child Care](#)
- ✓ [Care Giver of the Breastfed Baby Handout](#)
- ✓ [Breastfeeding Pamphlets](#)
- ✓ [Child Care Checklist](#)
- ✓ Videos:
  - [How to Support Breastfeeding Mothers & Families: A Simple Guide for Child Care Providers](#) (10 min. video)
  - [How to support breastfeeding in child care centers and family child care homes](#) (CACFP video)

## Criteria #4: The facility ensures that all staff are trained in the skills to support and promote breastfeeding.

At a minimum, this includes:

- Professional development for current staff on promoting and supporting breastfeeding includes:
  - Benefits of breastfeeding for mother and baby
  - Promoting breastfeeding and supporting breastfeeding mothers/families
  - Infant feeding cue's
  - Proper storage and handling of breast milk
  - Bottle-feeding a breastfed baby
  - Community organizations that support breastfeeding
  - Program's policies on promoting and supporting breastfeeding

All staff, including substitutes and program director, that care for children ages 0-3 years have completed the course *"How to Support the Breastfeeding Mother & Family"*. This course is available only through the Kansas Breastfeeding Coalition, Child Care Aware® of Kansas or Kansas Child Care Training Opportunities. This training cannot be provided by the center director or other staff.

- All staff, including substitutes and program director, that care for children ages 0-3 years are required to retake the training specified above every 3 years.
- As part of the new employee orientation, breastfeeding information is shared with all new staff within 90 days of hire.

### Resources:

**"How to Support Breastfeeding Mothers & Families"** is available each month for FREE through Kansas Child Care Training Opportunities. [Registration information.](#) (search "breastfeed"). In-person training is also available upon request. Email request for in-person training to [info@ksbreastfeeding.org](mailto:info@ksbreastfeeding.org). This course will increase child care providers understanding of breastfed baby behavior and how to support the breastfeeding relationship, using the latest techniques and research. Graduates of the class can proudly display the "We Care for Breastfed Babies" window decal. The class has been approved for 2 clock hours of in-service training from KDHE.

**Reminder:** Include professional development certificates of all staff, including substitutes and program director, that care for children ages 0-3 years in your *Breastfeeding Friendly Child Care Provider*

## Criteria #5: The facility has written policies that reflects their support and commitment of breastfeeding employees.\*

At a minimum, this includes:

- Employees make a commitment to the importance of breastfeeding.
- Breastfeeding employees are provided flexible breaks to accommodate breastfeeding or milk expression.
- Breastfeeding employees are provided a clean, quiet and comfortable place (other than a bathroom) to breastfeed their babies or express milk as needed.
- The facility has a written breastfeeding policy for employees that includes:
  - Reasonable time to allow the employee to breastfeed or express as needed
  - Private space, not a bathroom, for milk expression



### Resources:

- ✓ [BFCCD Policy Template for Worksite Lactation Policy](#)
- ✓ [DOL Breastfeeding Employees Fact Sheet](#)
- ✓ [Lactation Room Guidelines](#)
- ✓ [Door Hanger](#) – makes any room an instant lactation room.  
Email [info@ksbreastfeeding.org](mailto:info@ksbreastfeeding.org) to order.
- ✓ [Breast Pump Bag Tag](#) - Email [info@ksbreastfeeding.org](mailto:info@ksbreastfeeding.org) to order

\* This is not required for family child care homes unless there is more than one employee.

**Reminder:** Include a copy of the employee policy and photos of the appropriate space that employees utilize along with a short narrative describing how this criteria is met in your *Breastfeeding Friendly Child Care Provider* application packet.

## Need help meeting the five criteria for the *Breastfeeding Friendly Child Care Provider Designation*?

If you cannot honestly answer “yes” to one or more of the criteria, Child Care Aware of Kansas and the Kansas Breastfeeding Coalition can help! Contact us at:

- Child Care Aware of Kansas [info@ks.childcareaware.org](mailto:info@ks.childcareaware.org)
- Kansas Breastfeeding Coalition [info@ksbreastfeeding.org](mailto:info@ksbreastfeeding.org)

General Resources:

- ✓ [FAQ](#) for the *Breastfeeding Friendly Child Care Provider Designation*
- ✓ [Breastfeeding Support in the Child Care Setting](#) - two-page summary of what child care providers need to know to support breastfeeding families
- ✓ [Supporting the Breastfed Infant During Emergencies in the Child Care Setting](#) – checklist to prepare to support the breastfeeding infant during emergencies
- ✓ [Child Care Providers Role in Supporting Breastfeeding](#) from Child Care Aware of America
- ✓ [Child Care Provider – Finding a Local Breastfeeding Coalition Directory](#)
- ✓ [KS Child Care Licensing Regulations for Breastfeeding 2015](#)



# Breastfeeding and the Child and Adult Care Food Program

The Child and Adult Care Food Program (CACFP) provides healthy meals and snacks to children in participating child care programs. It plays a vital role in improving the quality of child care and making healthy meals more affordable for low-income families.

Child care centers and family child care homes participating in CACFP receive money for serving healthy meals that follow the United States Department of Agriculture CACFP meal patterns.

Breastfeeding provides financial benefits for providers who participate in CACFP. CACFP programs will receive reimbursement for meals and snacks when:

- A mother directly breastfeeds her baby at the child care center or family child care home even after the child's first birthday
- The family provides expressed breast milk to the child care provider for their baby even after the child's first birthday
- A child care employee breastfeeds their baby on-site, as long as the baby is enrolled at the center
- A family child care home provider breastfeeds their baby on-site, as long as the baby is enrolled in CACFP and the household is eligible for CACFP

CACFP programs can receive money for meals even when the baby is taking only breast milk if individual documentation is done for that baby. While programs must maintain menus to show what foods a baby is served, child care providers do not need to record the amount of breast milk a mother directly breastfeeds her baby.

Caregivers may serve less than the minimum regulatory serving of breast milk to infants who regularly do not consume that amount of breast milk as long as more breast milk is offered later when the baby is hungry.

A parent may request that a child continue receiving breast milk in place of fluid milk after 12 months of age. A written request or medical statement is not required in order for the meal to be reimbursed.

## Resources:

- ✓ [Feeding Infants in the CACFP Guide](#)
- ✓ [Nutrition Standards for CACFP Meals and Snacks](#)
- ✓ [CACFP: Best Practices](#)
- ✓ [CACFP Trainer's Tools: Feeding Infants](#)
- ✓ [Breastfed Babies Welcome Here!](#)



*Breastfeeding Friendly Child Care Provider*  
is a program to help child care providers meet national standards for  
breastfeeding and support breastfeeding families.

Child Care Aware of Kansas and the Kansas Breastfeeding Coalition  
are working together to deliver this program.

**Learn More:**

**Child Care Aware of Kansas**

[www.ks.childcareaware.org](http://www.ks.childcareaware.org)

**Kansas Breastfeeding Coalition**

[www.ksbreastfeeding.org](http://www.ksbreastfeeding.org)

*The Kansas Breastfeeding Coalition acknowledges the Alaska Department of Health and  
Social Services for sharing content and images used in this guide.*



Kansas  
Breastfeeding  
Coalition, Inc.