

## Supporting Breastfeeding in Child Care Settings...for Child Care Providers

- Promote your child care as being breastfeeding friendly
- Encourage breastfeeding mothers to continue to breastfeed when they return to work or school
- Tell parents about the many benefits and importance of breastfeeding



### Storage and Handling

- Safely store breast milk in the refrigerator or freezer as soon as the parent brings it to your child care. Breast milk can be stored in the refrigerator for up to 5 days, in the freezer for 3 months and in a deep freeze for 6 months
- Be sure to label breast milk with baby's name and date the breast milk was pumped
- Rotate stored breast milk so the earliest date is used first (first in-first out)
- Always wash your hands before and after handling breast milk. The CDC and OSHA state that gloves do not need to be worn when handling breast milk
- Bottles of breast milk should be warmed under running warm tap water, never warm a bottle in the microwave as it can cause "hot spots" that will burn baby
- After warming, bottles should be gently swirled or mixed to avoid damaging nutrients in the milk and avoid foaming of the milk
- Any unfinished breast milk should be discarded
- BPA-free bottles, bottle caps, nipples and other equipment used to feed breast milk can be cleaned by washing in a dishwasher or by washing in hot soapy water and rinsing
- If bottles are not cleaned at your child care, place all feeding devices into a plastic bag for parents to take home

### Feeding

- Promote breast milk as the only food offered until baby is 6 months of age unless otherwise directed by a health professional
- Offer breastfeeding mothers a quiet place to breastfeed while at your child care
- Encourage parents to practice bottle feeding with breast milk before coming to child care to acclimate baby to being fed from a bottle
- Be aware of baby's hunger and fullness cues
- Discuss feeding schedule with parents

### Support

- Communicate with parents about what baby did for the day, including how much and when baby ate and how many wet and dirty diapers baby had during the day
- Train all child care staff to be supportive of breastfeeding
- Share reliable breastfeeding resources with parents and child care staff