

Our Child Care Center Supports Breastfeeding

Our center takes the following steps to provide the best support possible to families who are breastfeeding. At our center, we are happy to....



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- Offer a quiet, private and comfortable place for mothers to breastfeed.
- Discuss infants' normal feeding patterns with mothers.
- Be flexible on feeding times so that moms may breastfeed at the center when able.
- Allow infants to feed on cue, preferably by a consistent caregiver. Feeding infants on cue rather than on a schedule may help prevent childhood obesity.

- Encourage mothers to provide a back-up supply of frozen or refrigerated expressed human milk.
- Supply information about community resources that provide breastfeeding support (example: lactation consultants).
- Ensure that all staff members receive training in breastfeeding support, promotion, and proper milk handling and storage.
- Provide culturally appropriate breastfeeding resource materials.
- Provide emotional support concerning mothers' decisions about breastfeeding and weaning.

For more information, visit www.nrckids.org.



**OUR LADY OF THE LAKE
CHILDREN'S HOSPITAL**

This information and project have been adapted from the "Breastfeeding-Friendly Child Care Initiative" of the Carolina Global Breastfeeding Institute /UNC Gillings School of Public Health and the Wisconsin Department of Health Services, *Ten Steps to Breastfeeding-Friendly Child Care Centers Resource Kit*.

This project is a collaboration between Our Lady of the Lake Children's Hospital, the Louisiana Breastfeeding Coalition, local breastfeeding coalitions, Volunteers of America/Partnerships in Child Care, and the Louisiana Office of Public Health-Maternal and Child Health Program.