

# Breastfeeding and Child Care:

## What Child Care Centers Can Do

Mothers need all the support they can get to make breastfeeding work. Child care centers play an important role in helping moms continue to breastfeed. Here is a list of some ways that you can support your breastfeeding families.

**Step 1:** Make a commitment to the importance of breastfeeding and share with staff.

**Step 2:** Train staff in healthy feeding for infants and children.

**Step 3:** Talk to families about the importance of breastfeeding.



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**Step 4:** Provide children's activities which make breastfeeding seem normal.

**Step 5:** Make sure that all milk is properly stored and labeled.

**Step 6:** Provide a breastfeeding-friendly environment.

**Step 7:** Support breastfeeding employees.

**Step 8:** Develop a feeding plan with each family.

**Step 9:** Know where to go for breastfeeding support.

(Find resources at [www.zipmilk.org](http://www.zipmilk.org), [www.louisianabreastfeeding.org](http://www.louisianabreastfeeding.org), [www.coffective.com](http://www.coffective.com) or call 1-800-251-BABY (2229)).

**Step 10:** Continue learning about breastfeeding support.



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.