

Your Name \_\_\_\_\_ Date \_\_\_\_\_

Child Care Facility Name \_\_\_\_\_

## Breastfeeding-Friendly Child Care Self-Assessment

Please read each statement and check one of the boxes based on what is happening in your child care center most of the time. For more information on filling out this form, please see the “Breastfeeding-Friendly Child Care Self-Assessment Instruction Sheet.”

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

A policy for promoting and supporting breastfeeding:	Does not exist	Exists informally, but is not written or regularly talked about with staff or parents	Is written, but not always talked about with staff or parents	Is written, easily available, and regularly talked about with staff and parents
Staff evaluations include a review of breastfeeding support activities:	Rarely or Never	Sometimes	Usually	Always
Educational handouts on the risks and benefits of different infant feeding options:	Are not available at our center	Are available, but not displayed	Are displayed	Are actively distributed
The center’s breastfeeding-friendly policy is communicated to potential client families:	Rarely or Never	Sometimes, if asked	Usually	Always

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

Caregivers receive training on appropriate infant feeding practices, including safe handling and storage of human milk:	Rarely or never on these topics	Only as a part of new staff orientation	1 time per year on some of these topics	1 time per year on all these topics
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Caregivers receive training to recognize infant hunger cues and feeding in response to those cues:	Rarely or never on these topics	Only as a part of new staff orientation	1 time per year on some of these topics	1 time per year on all these topics
Caregivers receive training on the risks and benefits of different infant feeding options:	Rarely or never on these topics	Only as a part of new staff orientation	1 time per year on some of these topics	1 time per year on all these topics
Caregivers receive training on breastfeeding promotion:	Rarely or never on these topics	Only as a part of new staff orientation	1 time per year on some of these topics	1 time per year on all these topics

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

Culturally appropriate brochures and other materials that promote breastfeeding are:	Not available	Available, but not put out for people to take	Put out for people to take in several areas	Displayed in several areas and actively given out to families
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### **Step 4: Provide children's activities which make breastfeeding seem normal.**

Toys and books that show nursing animals and babies are:	Not available	Available to some of the children in our center	Available to most of the children in our center	Available to all of the children in our center
We discuss the interactions between mothers and babies, including how they feed:	Rarely or never	Sometimes	Some of the time, in some of our classrooms	Often, in all of our classrooms

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

Refrigerator and freezer space for storing human milk is:	Not available at our center	Sometimes available at the center	Usually available at the center	Always available at the center
Breastfeeding families are told or shown how to properly label and store human milk for use in the child care center:	Families rarely receive information on how to store and handle human milk	Families receive information on how to store and handle human milk informally but not in writing	Most families receive written guidelines on how to store and handle human milk for child care center use	All families receive written guidelines on how to store and handle human milk for child care center use, and all human milk in the center is labeled
We discuss with families how pumped milk will be handled at our child care center:	Rarely or never	Sometimes	Usually or Always	Always, in writing as well as verbally

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

Breastfeeding mothers are:	Rarely encouraged to come to the center to nurse their babies	Sometimes encouraged to come to the center and nurse their babies	Often encouraged to come to the center and nurse their babies	Always encouraged to come to the center and nurse their babies, including a written invitation in materials provided by the center
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A designated area for mothers, other than a bathroom, to breastfeed their infants is:	Not available	Only available upon request	Always available and has seating, but lacks either privacy or an electrical outlet	Always available, has seating, is shielded from view with complete privacy, and has an electrical outlet
Culturally appropriate posters with information about breastfeeding with photos of mothers and nursing babies are:	Not posted in our center	Are put up only in the infant room	Are put up in one public part of the center	Are put up in multiple locations in the center

### **Step 7: Support breastfeeding employees.**

Breastfeeding employees are given breaks so that they may pump milk and/or nurse their babies as needed:	Rarely or never	Sometimes, if they ask	Usually	Always
A designated area (other than a bathroom) for employees to nurse and/or pump their milk is:	Not available	Only available at certain times	Always available, has seating, but lacks either privacy or an electrical outlet	Always available, has seating, is shielded from view and free from intrusion, and has an electrical outlet

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

A written feeding plan for each child under 15 months:	Does not exist	Is written, but is not accessible and regularly updated	Is written, accessible, and updated at least every three months	Is written, accessible, and updated at least every month
As part of the feeding plan, support for breastfeeding is:	Not included	Sometimes included, but relies on the caregiver to add additional information to standard form	Usually included, and part of the checklists/blanks to be filled in by parents and caregivers	Always included, covering introduction of solid food, feeding in response to baby's cues, and inviting the mother to come to the center to nurse her baby
Feeding in response to a baby's hunger cues:	Is not practiced at our center	Is practiced at our center, but not discussed with parents	Is practiced at our center, and discussed with some parents	Is practiced at our center, and discussed with all parents
We encourage breastfeeding mothers to nurse on demand when with their baby:	Rarely or never	Sometimes, if asked	Usually	Always
We encourage mothers to introduce solid foods at 6 months of age (rather than earlier than 6 months):	Rarely or never	Sometimes, if asked	Usually	Always

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

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A list of community breastfeeding resources:	Is not available	Exists, but is not readily accessible to staff	Exists and is readily accessible to staff, but is incomplete or out of date	Is complete, up-to-date, and readily accessible to staff
We make referrals to community breastfeeding resources:	Never	Occasionally	Sometimes	Often

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

In our center, reference materials for staff that include information on breastfeeding:	Are not available	Exist, but is not readily accessible to staff	Exist and is readily accessible to staff, but is incomplete and/or out of date	Are comprehensive, up-to-date, and readily accessible to staff
Staff members receive continuing education on human milk feeding and breastfeeding support:	Rarely or Never	Less than one hour every two years	At least one hour every two years	For at least one hour, once every year