**Supporting Breastfeeding in Child Care Settings**

**Presenter’s Instructions**

Overview: Breastfeeding’s benefits are well-known. Health experts recommend that babies exclusively breastfeed until 6 months of age and continue for as long as mother and baby desire. When a mother decides to breastfeed, she faces many potential barriers if she returns to work or school. There is a great need for breastfeeding support in workplace and child care settings. The child care workforce itself represents a considerable number of working women. Breastfeeding “friendliness” benefits not only child care providers but also the scores of young families whom they influence.

Goals:

Participants will -

1. Examine their knowledge and attitudes about infant feeding
2. Have a better understanding of the health benefits of breastfeeding to mother and baby.
3. Know how to correctly prepare, store, and handle expressed human milk.
4. Gain confidence about their roles in supporting breastfeeding families.

Contents of the Educational Toolkit:

Presenter’s instructions

Power-point slides with speaker’s notes

Handouts for child care providers

Sample sign-in sheet

Participant evaluation form

Certificate of attendance

Pre/Post-test (with answer key)

Child care provider self-assessment

Action plan for supporting breastfeeding (short and long versions)

These materials were developed by Ashley Lucas, MD and Marci Brewer, MPH through a collaborative effort of the Louisiana Breastfeeding Coalition, the Greater New Orleans Breastfeeding Awareness Coalition, and the Our Lady of the Lake Pediatrics Residency Training Program. Additional support was provided by the Louisiana Department of Health and Hospitals - Office of Public Health - Maternal and Child Health Program and Volunteers of America/Partnerships in Child Care. Some materials were adapted from the “*Breastfeeding-Friendly Child Care Initiative*” of the Carolina Global Breastfeeding Institute and the Wisconsin Department of Health Service’s *Ten Steps to Breastfeeding-Friendly Child Care Centers Resource Kit*.

Development and dissemination of these materials were supported by grants from the Our Lady of the Lake Foundation, the American Academy of Pediatrics, and the Healthy People 2020 Community Innovations Project. No commercial funding or influence of any kind was involved. We are not responsible for outside resources listed. While we will strive to keep internet addresses up-to-date, these are subject to change.

This educational toolkit is designed for instructors (such as child care health consultants, lactation consultants, and pediatricians) who are qualified to provide health and safety education for child care centers and family home providers. Instructors should be comfortable with answering general questions about breastfeeding. Instructors are not expected to have the correct answer to every question which may come up during the presentation, but should instead “know their limits.” They should also be familiar with relevant resources and be able to provide contact information for additional sources of information.

The presentation will take about 1.5 hours. A minimum of 45 minutes is needed for the power-point presentation. Administering the pre-test and post-test will take about 20 minutes. Instructors will need to balance the desire for interactive discussions with the need to keep the presentation moving in order to cover the material within the time allotted.

The format is best suited for a small group but can be adapted for a larger crowd if needed. Some slides in the power-point presentation contain information specific to Louisiana, but they may be omitted if this resource is being used in another state. Otherwise, these materials should not be altered without specific permission from the authors. They may be reproduced only for the purpose of educating child care providers.

The power-point slides are designed to be easy-to-read and to keep learners’ attention. Presenters should not simply read off the slides. The slides are meant to be a supplement to the information contained in the power-point speaker’s notes. We highly suggest reading the following in order to have additional background information to better answer questions about the material covered in the presentation:

breastmilkcounts.com (general information about human milk’s benefits and components)

[www.usbreastfeeding.org](http://www.usbreastfeeding.org) (download the 2002 *Breastfeeding and child care* [issue paper])

https://www.fns.usda.gov/tn/feeding-infants-guide-use-child-nutrition-programs (an infant nutrition resource for child care centers which participate in programs such as the Child and Adult Care Food Program)

The pre/post-test should be given before and after the presentation. The presenter should review the correct answers with participants after the post-test. The test is a learning opportunity for the participants and also a tool for the instructor to gauge how well the presentation is accomplishing its objectives. All answers to the test questions should be given during the course of the presentation.

The toolkit was pilot-tested with over 200 child care providers in over 25 trainings in the South Louisiana area. Presenters first attended a train-the-trainer session before performing a training themselves. A webinar is available for those unable to attend such a session. In one model, the training was delivered as a two-hour session at a central training location with one hour of technical assistance follow-up at the child care center.

Supplies needed:

Projector, laptop computer, extension cord

Answer key to the post-test

Pens

Sign-in sheets, Evaluation forms, and Certificates of attendance

Samples of these are provided in this toolkit.

OR, if you are a certified Louisiana child care health consultant, use the LA CCHC program’s forms.

Handouts (prompts on the slides remind you when to point them out):

Our Center Supports Breastfeeding

Breastfeeding and Child Care – What Moms Can Do

What Child Care Centers Can Do

Human Milk Storage and Handling Guidelines for Child Care Facilities

Sample Center Breastfeeding Policy

Breast Milk Errors (Mix-ups)-Guidelines for Providers

Sample Infant Feeding Plan

Paced Bottle-feeding a Breastfed Baby

Tips for the Day Care Provider of a Breastfeeding Baby

Pre and Post-tests

Self-assessment

Action plans

Optional materials:

Wireless presenter (for advancing slides from a distance)

Refreshments (mints, gum, etc.)

Index cards for questions

Children’s toy blocks for playing the human-milk-components game

A copy of the Caring for Our Children Preventing Childhood Obesity manual

The manual is available for purchase at [www.nrckids.org](http://www.nrckids.org) or can be downloaded free of charge

“Breastfeeding Welcome Here” window clings

Breastfeeding in Louisiana Law cards

Samples of children’s books depicting breastfeeding

Examples: We Like to Nurse by Chia Martin and We Have a Baby by Cathryn Falwell. A more complete list is available in Wisconsin’s 10 Steps to Supporting Breastfeeding materials.

In order to demonstrate the effectiveness of this toolkit, we would greatly appreciate receiving copies of the pre- and post-tests, sign-in sheets, and trainer feedback forms.

If you have questions or would like more information, please contact:

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