

# Sample Breastfeeding Friendly Child Care Family Policy

The breastfeeding policy is as follows:

## Supportive Environment

1. We provide an atmosphere that welcomes breastfeeding families. We support mothers who continue to breastfeed their infants/children as they return and continue to work.
2. We have a private, designated space (other than the bathroom) for mothers to breastfeed their children. If a space is not available, a portable divider/partition will be made available. We welcome mothers to breastfeed in the classroom as well.
3. We maintain a breastfeeding supportive environment through posting and providing culturally appropriate breastfeeding support materials (e.g. pictures, posters, etc.), not including those produced or supplied by commercial entities and/or manufacturers of infant formula.
4. We “check-in” with mothers for feedback and ways to continue providing support.
5. Staff communicates the infant’s changing schedule (i.e., feeding, napping, etc.) so a mother can adjust her schedule for pumping and/or visiting to feed her infant.

## Initial Contact

1. We discuss breastfeeding support with all potential new families and share this policy and breastfeeding resources with them. The policy is included in parent handbook.
2. We work with parents prior to their first day in child care to transition the infant to bottle or cup feedings.

## Feeding and Handling Milk

1. Staff follows storage and handling of breast milk as defined by Colorado Department of Human Services regulations and Colorado Rules and Regulations Governing the Health and Sanitation of Child Care Facilities.
2. We discuss with all families how expressed milk is handled at our center/home.
3. Freezer space is available for milk storage.
4. Staff informs families on written procedures on the proper way to label and handle breast milk.
5. Staff coordinates with parents about the quantity of milk remaining in containers to avoid waste.
6. Staff fills bottles with less breast milk than necessary for a feeding. Staff will have additional breastmilk available to add to the bottle as needed.
7. We develop a sustainable feeding plan with each family including feeding infants on demand as we observe hunger cues and coordinating the last feeding of the day to meet the mother’s feeding needs (either to feed or await mother’s feeding).
8. Infants are fed by the same caregiver as often as possible. All caregivers hold infants when feeding them.

## Staff Training

1. Staff receives training at a minimum of once a year on feeding breast milk, breastfeeding policy, and supporting exclusive breastfeeding.
2. Staff is monitored for compliance with breastfeeding policy and standards.
3. Families have the right to request information about the content of breastfeeding training for staff.
4. This policy is reviewed annually and updated to incorporate new evidence based research and practices.

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*Child Care Program Director/Provider*

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*Date*

Disclaimer: This sample policy is for informational purposes only and should not be construed as professional advice. Sample policies and procedures may need to be adapted to best suite your organization’s unique circumstances. We encourage your organization to see appropriate professional assistance as needed.

Additional sample policies are available at [BoulderCountyBreastfeeding.org](http://BoulderCountyBreastfeeding.org)