

## FORWARD CORNER

### August is National Breastfeeding Month

Research shows a relationship between breastfeeding and maintaining a healthy weight throughout childhood. The NAPSACC assessment tool can help programs improve their practices, policies and environments to meet breastfeeding and infant feeding best practices. The tool shares several ways that child care programs can advocate for and support mothers who breastfeed. Some examples include:

- Is a comfortable, private and fully stocked area for mothers to breastfeed on site available?
- Is there plenty of refrigerator/freezer space for mothers to store expressed milk?
- Are materials (posters/brochures/children's books) displayed in prominent areas throughout the center that promote breastfeeding?

To see how your center can support breastfeeding moms check out this [link](#). For additional breastfeeding resources and materials go [here](#).