

## Breastfeeding Support Policy

We believe breastfeeding provides the healthiest start for babies, providing ideal nutrition and many health benefits for both infant and mom. It is important that childcare providers support and encourage breastfeeding.

We intend to support breastfeeding families. We have a plan to ensure families are well informed about infant feeding choices. These choices are critical to the family: children and adults.

We hope to help improve the rate of breastfeeding and as a result improve the health of women and children. This coincides with our goal of improving eating and health of all the center encounters. Breastfeeding lessens chances of acquiring diabetes, chances of Sudden Death Syndrome death, pneumonia and more.

Moms face so many barriers to breastfeeding: returning to work world, dealing with what others think and believe, the challenge of pumping, storing, etc. We will support and encourage them. We will help them connect to experts in breastfeeding.

We will encourage breastfeeding among all our moms regardless of socioeconomic status. Good health should be available to all our babies and moms.

This policy applies to all staff of this childcare program.

1. We demonstrate our commitment to breastfeeding.
2. We train our staff to support and promote optimal infant and young child feeding.
3. We inform women and families about the importance of breastfeeding.
4. We provide learning and play opportunities which normalize breastfeeding for children.
5. We ensure that all breastfeeding families are able to properly store and label milk for childcare program use.
6. We provide a breastfeeding-friendly environment.
7. We support breastfeeding employees.
8. We develop a feeding plan that supports best feeding practices with each family.
9. We maintain a list of community breastfeeding resources and use this list for referrals.
10. We learn about ways to support parents as we encourage and support breastfeeding.

Breastfeeding exclusively for six months....

By exclusively breastfeeding, a mom would make the decision to be the only source of feeding for her infant for the first 6 months of the child's life. Breast milk, the healthiest choice for the baby, and a wise decision for the mom's health would be a life line for the two.

Raising a healthy babe, giving the child the best chance at having a strong immunization system, having the food that builds a strong body, reducing the risk of many serious diseases, cutting the chances of Sudden Infant Death and more is the reward for making this choice.

Breastfeeding also is a field leveler with regard to socioeconomic status; a low-income mom has a greater chance as any other mom of giving her babe the advantages of breastfeeding especially with the infant on breastmilk exclusively for the first six months.

Our staff will retrain yearly. Staff meetings will devote time at each meeting to review how things are going with our breastfeeding families, what is creating a problem, how we can improve, bringing new staff on board, sharing new strategies, stories about what is happening in class with the children and their understanding of moms and feeding babies, etc. We will look for ways to improve our area for moms and babies. We will look for cute ideas to share with moms, dads, grandparents, and others about breastfeeding and the power of doing it!

Our center serves many low-income families. It is our hope to be pivotal in improving the number of these moms understanding how they can impact the health of their babies and themselves.

We are a CACFP center. Being A center that teaches the importance of breastfeeding goes along with our food program and our push for good nutrition.