

## Breastfeeding Friendly Child Care Resources

Breastfeeding Friendly Child Care resources include books and toys that help to normalize breastfeeding in the classroom by providing opportunities to see breastfeeding and to help children learn about breastfeeding - what it is and why it is important.

### Books

**Curriculum Idea:** Read a story. Discuss different parts of the story (e.g., main idea, characters, how characters are feeling). Ask children to share their experiences and/or if parts of the story remind them of experiences they have had.

Here is a sample list of books that depict breastfeeding. They are available online and in stores. Some books also may be available at local libraries.

- *Will There Be a Lap for Me?* by Dorothy Corey
- *We Have a Baby* by Cathryn Falwell
- *Happy Birth Day!* by Robie H. Harris and Michael Emberley
- *The Best Gifts* by Marsha Forchuk Skrypuch
- *This Milk Tastes Good! A Breastfeeding Nursery Rhyme* by Chenniah Patrick
- *The Wonders of Mother's Milk* by Mishawn Purnell-O'Neal
- *We Like to Nurse* by Chia Martin  
Also available in edición bilingüe/bilingual edition as *Nos gusta amamantar/We Like to Nurse*
- *We Like to Nurse Too* by Mary Young  
Also available in edición bilingüe/bilingual edition as *También A Nosotros Nos Gusta Amamantar/We Like to Nurse Too*
- *Mama's Milk* by Michael Elsohn Ross  
Also available in Spanish under the title *Mamá me alimenta*. (Some negative reader comments about the translation.)
- *Mama Feeds Me All the Colors: A Book of Breastfeeding*
- *What Does Baby Want?* by tupera tupera  
Also available in Spanish under the title *¿Qué Quiere El Bebé?*
- *Mama Who Drinks Milk Like Me?* by Melissa Panter
- *Milky Moments* by Ellie Stoneley

## Toys

- Dolls (without bottles) that reflect the diversity of the children in your community.
- Carriers for dolls. These can be purchased online from a number of stores (e.g., Walmart, Target, Amazon, Manhattan Toy Company). A few examples include:
  - Baby Stella Snuggle Up Front Carrier available at the [Manhattan Toy Company](#); for children 3 years and older; cost on 2/18/20: \$12.00.
  - Szecl Wrap Carrier for Kids Preschool Dolls Carrier Toddler Front Back Sling Cute Toy Front Carrier for 15 Inch Baby or 18 Inch Dolls, available at [Amazon](#); children age 2-5
  - Front carrier available at [Aliexpress.com](#); for children between 18 months and 8 years.
  - Backpack carrier available at [Aliexpress.com](#); cost on 2/18/20 between \$3.00 and \$4.00.
- Plush toys:  
“Nursing Nana” (dog and puppies), “Nursing Nuna” (pig and piglets), “Nursing Nina” (cat and kittens) are available from [Mom and Pop Place: Toy Store and Baby Boutique](#), [Manhattan Toy Company](#) and other stores online (\$18-\$35).

## Curriculum Ideas

All year:

- Dolls without bottles, carriers/slings (Can change out to meet the season – fall colors fabric, winter snow theme fabric, spring flower fabric)
- Books in the classroom reading area that have pictures of breastfeeding, both animals and human feeding.

Special themes throughout the year that have breastfeeding as part of the focus:

- Our Healthy Growing Bodies – show pictures of infants breastfeeding, invite a nursing parent and infant to visit the class and share/demonstrate how the baby nurses to grow strong
- Family Memories - ask children to share photos/memories of how they or their siblings were/are fed, let the children talk about their experiences breastfeeding (some may still be nursing) or about their siblings who may be breastfeeding
- Nutrition and Food - talk about breastfeeding/human milk feeding as optimal nutrition for infants; can show pictures of infants breastfeeding and/or have a guest (e.g., parent and nursing infant)
- Mammals and How They Eat - matching activity of mama and baby mammals that includes a human mother and infant. Avoid activities that only or first show bottles as the way human babies eat. Also avoid cartoons and stories that depict animal mothers/parents feeding their animal infants with a bottle.

## Videos (for older preschoolers, when screen time is approved)

Watch the video together. Discuss different parts of the story (e.g., main ideas, characters, how characters are feeling). Ask children if parts of the story remind them of experiences they have had.

- “Sesame Street” (1977): “[Buffy Nurses Cody](#)” Folksinger Buffy Saint-Marie nurses her son Dakota “Cody” Starblanket.
- Mr. Rogers Talks about Food (Program #1536 on “Mr. Rogers’ Neighborhood”) This program is usually repeated in the weeks before Thanksgiving each year and could be taped for later viewing. Check local listings. [Mister Rogers Talks About How Moms Feed Their Babies](#) Three mothers are breastfeeding, and one mother is bottle feeding.