

# Breastfeeding supports in the classroom -- Environments

Building Blocks for Breastfeeding Friendly Child Care Learning Burst  
April 2021

Natasha Bowden (Buncombe Partnership for Children)  
Jessica Bridgman (Carolina Global Breastfeeding Institute)

# AGENDA

1. Welcome 5 minutes
    - a. Our Why (Healthy Communities video)
  2. What is Normalizing? 5 minutes
    - a. CGBI 10 Steps & Self-assessment
  3. Examples from the classroom 15 minutes
  4. Next steps Groups (Moderators) 15 minutes
  5. Wrap-up discussion/announcements 5 minutes
-



# Our Why - Achieving Health Equity in Every Community

# Why normalize Breastfeeding in child care programs?

1. Supports families who may want to breastfeed, but don't know how to manage during the transition into child care.
2. Shows potential/new families that you welcome all feeding styles
3. Allows children who have breastfeeding experiences to see and share in the experiences of their peers (and siblings)
4. Supports teaching children and families that breastfeeding is a normal way to feed infants around the world.



# CGBI Ten Steps to Breastfeeding Friendly Child care & self-assessment

## Breastfeeding-Friendly Child Care: Self-Assessment

Your Name: \_\_\_\_\_ Date: \_\_\_\_\_

Child Care Facility Name: \_\_\_\_\_

The following ten steps describe ways that Child Care Centers and Family Child Care Homes can provide optimal support for breastfeeding families. Below each step are specific actions to support that step.

Please read each statement and check one of the boxes based on what is happening in your child care program most of the time. For more detailed information on filling out this form, refer to the additional "Breastfeeding-Friendly Child Care" Self-Assessment Instruction Sheet.

**Step 1. Have a written policy that reflects the program's commitment to promoting and supporting breastfeeding, especially exclusive breastfeeding, and share with employees and families.**

1. An explicit policy for promoting and supporting breastfeeding:	<input type="checkbox"/> Does not exist.	<input type="checkbox"/> Exists informally, but it is not written or regularly communicated to staff or parents.	<input type="checkbox"/> Is written, but it is not always communicated to staff or parents.	<input type="checkbox"/> Is written, readily available, and regularly communicated to staff and parents.
2. Staff evaluations include a review of breastfeeding support activities:	<input type="checkbox"/> Rarely or Never.	<input type="checkbox"/> Sometimes.	<input type="checkbox"/> Usually.	<input type="checkbox"/> Always.
3. Educational materials on the risks and benefits of different infant feeding options:	<input type="checkbox"/> Are not available at our facility.	<input type="checkbox"/> Are available, but not displayed.	<input type="checkbox"/> Are displayed.	<input type="checkbox"/> Are actively distributed.
4. The facility's breastfeeding-friendly policy is communicated to potential client families:	<input type="checkbox"/> Rarely or never.	<input type="checkbox"/> Sometimes, if asked.	<input type="checkbox"/> Usually.	<input type="checkbox"/> Always.

**Step 2. Train and evaluate all staff in the skills to support and promote optimal infant and young child feeding.**

## Ten Steps for Breastfeeding-Friendly Child Care Centers

The following ten steps describe ways that child care centers can provide optimal support for breastfeeding families. Below each step are specific actions to support that step.

**Step 1. Make a commitment to the importance of breastfeeding, especially exclusive breastfeeding, and share this commitment with fellow staff**

- 1.1 Our center has a written policy for promoting and supporting breastfeeding.
- 1.2 Staff evaluations document a review of breastfeeding support activities.
- 1.3 Our center has educational materials for our parents on the risks and benefits of different infant feeding choices.
- 1.4 Our center's breastfeeding support is part of discussion with all potential clients.

**Step 2. Train all staff to promote optimal infant and young child feeding in families we serve**

- 2.1 All new staff at our center receives training on the risks and benefits of different infant feeding choices.
- 2.2 All new staff at our center receives training in breastfeeding promotion, including support of exclusive breastfeeding.

**Step 3. Inform women and families about the importance of breastfeeding**

- 3.1 At our center, we provide families with our written policy for promoting and supporting breastfeeding
- 3.2 At our center, we explain to families how we (a) develop a sustainable feeding plan, (b) provide a comfortable place in our center for mothers to sit and nurse their babies or pump/express milk, and (c) store and label milk for child care center use.

**Step 4. Train all staff in skills necessary to handle, store and feed mother's milk properly.**

- 4.1 All staff receive at least one hour of training in proper handling and feeding of mother's milk.
- 4.2 All staff are trained to recognize infant hunger cues.

**Step 5. Ensure that all clients are able to properly store and label milk for child care center use**

- 5.1 We have a written policy on the proper way to label human milk, and we share this policy with all parents.
- 5.2 All milk at our center is properly labeled.

**Step 6. Provide a breastfeeding friendly environment.**

- 6.1 We provide all mothers with written materials inviting them to come to the center and nurse their babies while under our care.
- 6.2 There is a comfortable place in our center for mothers to sit on nurse their babies, or pump (express) milk if necessary.

**Step 7. Display posters and provide brochures for new moms and parents of breastfeeding babies that demonstrate that your child care supports breastfeeding and that illustrate best practices.**

- 7.1 Our center displays posters with information about breastfeeding, with photos appropriate for the families we serve.
- 7.2 At our center, we provide appropriate brochures or other educational materials about breastfeeding for our families.
- 7.3 At our center, we provide families with materials about the importance of exclusive breastfeeding.

**Step 8. Develop a sustainable feeding plan with each family.**

- 8.1 We develop a written feeding plan with each new family at our center.
- 8.2 Our written materials encourage breastfeeding mothers to nurse on demand when with their baby.
- 8.3 Our written materials encourage mothers to respond to feeding cues rather than feeding on a schedule.
- 8.4 We discuss with all families how expressed milk will be handled at our child care center.

**Step 9. Contact and coordinate with local skilled breastfeeding support and actively refer.**

- 9.1 Our center has a list of community breastfeeding resources to be used for referrals.
- 9.2 Our center regularly refers families to community breastfeeding resources.
- 9.3 Our center tracks community referrals and follows up with families as needed.
- 9.4 Our center provides a resource list for our staff of local lactation consultants and community providers that can answer breastfeeding and human milk feeding questions.

**Step 10. Continue updates and learning about protection, promotion, and support of breastfeeding.**

- 10.1 Our center has up-to-date materials on hand that include information on breastfeeding and human milk feeding.
- 10.2 Each staff member receives at least one hour per year of continuing education on human milk feeding and breastfeeding support.



CAROLINA GLOBAL  
BREASTFEEDING INSTITUTE  
Breastfeeding-Friendly CHILD CARE

A project of  
Carolina Global Breastfeeding Institute  
<http://gpb.uncc.edu/breastfeeding>

# GO NAPSACC Breastfeeding Self-Assessment



## Go NAPSACC Self-Assessment Instrument

Date: \_\_\_\_\_

Your Name: \_\_\_\_\_

Child Care Program Name: \_\_\_\_\_



## Breastfeeding & Infant Feeding

Go NAPSACC is based on a set of best practices that stem from the latest research and guidelines in the field. After completing this assessment, you will be able to see your program's strengths and areas for improvement, and use this information to plan healthy changes.

For this self-assessment, **breastfeeding and infant feeding** topics include teacher practices, program policies, and other program offerings related to supporting breastfeeding and feeding infants.

### Breastfeeding Environment

1. A quiet and comfortable space,\* set aside for mothers to breastfeed or express breast milk, is available:
- Rarely or never       Sometimes       Often       Always

\* This is a space other than a bathroom.

2. The following are available to mothers in the space set aside for breastfeeding or expressing breast milk:

See list and mark response below.

- Privacy
- An electrical outlet
- Comfortable seating
- Sink with running water in the room or nearby

None       1 feature       2-3 features       4 features

3. Enough refrigerator and/or freezer space is available to allow all breastfeeding mothers to store expressed breast milk:

Rarely or never       Sometimes       Often       Always

4. Posters, brochures, children's books, and other materials that promote breastfeeding are displayed in the following areas of our building:

See list and mark response below.

- The entrance or other public spaces
- Infant classrooms
- Toddler and/or preschool classrooms
- The space set aside for breastfeeding

None       1 area       2 areas       3-4 areas

### Breastfeeding Support Practices

5. Teachers and staff promote breastfeeding and support mothers who provide breast milk for their infants by:

See list and mark response below.

- Talking with families about the benefits of breastfeeding
- Telling families about the ways our program supports breastfeeding
- Telling families about community organizations\* that provide breastfeeding support
- Giving families educational materials†
- Showing positive attitudes about breastfeeding

None       1 topic       2-3 topics       4-5 topics

\* Community organizations that provide breastfeeding support can include the local public health department, hospital, or local La Leche League group.

† Educational materials can include brochures, tip sheets, and links to trusted websites.



Ward D, Morris E, McWilliams C, Vaughn A, Erinosh T, Mazzucca S, Hanson P, Ammerman A, Neelon S, Sommers J, Ball S. (2014). Go NAPSACC: Nutrition and Physical Activity Self-Assessment for Child Care, 2nd Edition. Center for Health Promotion and Disease Prevention and Department of Nutrition, University of North Carolina at Chapel Hill. Available at: [www.gonapsacc.org](http://www.gonapsacc.org).

© 2014-2020 The University of North Carolina at Chapel Hill

# Normalizing Breastfeeding in the classroom



# Visual Supports: posters & pictures



Supplemental Nursing



Breastfeeding



Combination Feeding



Chestfeeding

However you choose to feed your child, you are

**Welcome Here!**



Supported Feeding



Formula Feeding



Supported Feeding



Exclusive Pumping



**Verner**  
Center for Early Learning

Let us know how we can support you!

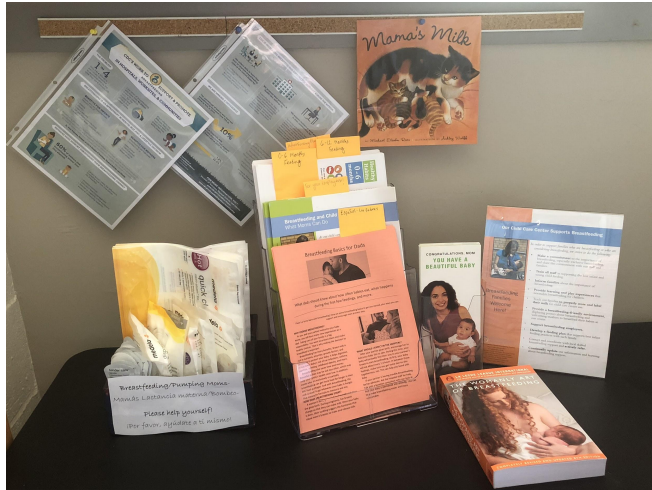




# Breastfeeding space

---

Adding resources for mom to read or take with her will help her to feel supported in maintaining her milk supply.



# KinderCare in Cary, NC



# Outside infant feeding nook

- Add comfortable seating
- Try to locate in an area of shade without a lot of flowering plants nearby
- Add a table or resting spot for bottles/arms
- Label the area so caregivers know they are welcome to use it



# Supportive materials for maintaining milk supply



## Making Milk Expression Work for You

*Get tips and see how pumping can help solve your breastfeeding challenges.*

Expressing milk is an important tool in your breastfeeding journey. Ask your WIC breastfeeding staff about practical tips to help you with pumping and hand expression. WIC staff may also suggest pumping to help you address common issues. These include relieving or preventing engorgement and building your milk supply. Pumping also lets you provide breast milk for your baby when you are apart.

Read more about how you can make pumping work for you when facing challenges, plus other helpful tips.

### RELIEVING OR PREVENTING ENGORGEMENT

Emptying milk from your breasts regularly will help keep your breasts from becoming engorged. If they do get engorged, pumping or expressing milk can help by removing some of your breast milk. Here's how you can use pumping to help:

- Hand express or pump a little milk to soften the breast, areola, and nipple before breastfeeding. This may make



## How to Ace Pumping at Work

### BREAST MILK CAN BE STORED

- At room temperature for up to **10 HOURS**
- In a refrigerator for up to **8 DAYS**
- In a freezer compartment (with a separate door) for up to **3 TO 4 MONTHS**

### HOW MUCH MILK DOES BABY NEED?

- Experts recommend **25-35 OZ PER DAY** for breastfed babies (1-6 months)
- Babies' bellies vary by age and size, and so will your milk production. So don't worry, you've got this.

DAY 1 • DAY 3 • 1 WEEK • 1 MONTH

### While you're pumping...

Grab a good magazine or book. Catch up on your favorite app. See what's up on your social streams. Look at cute pics of your baby. **TRY TO RELAX!**

### BREASTFEEDING MOMS IN THE US

**81.1%** breastfed for some period of time

**51.8%** breastfeeding at 6 months

### What to Pack in your Bag

- Pump
- Boob Lube
- Breastpads
- Water bottle
- Pic of baby
- Magazines

### HOW OFTEN TO PUMP AT WORK

- **3 TIMES** in an **8-HOUR** work day (on average, once for each missed feeding)
- EXPERT TIP: Try pumping mid-morning, during lunch and mid-afternoon.

### TIME YOU'LL SPEND PUMPING (ON AVERAGE)

- **20** minutes to pump
- **10** minutes to clean pump and store milk
- **30 MINUTES TOTAL**

# Toys and other materials

---



# Books for the classroom



# Setting milk storage up for success

- Create color coded labels to adhere to bottles & bottle coolers. These will have the child's name, date, & contents.
- Have Mom bring smaller amounts/smaller bottles so milk will not be thrown out
- Have a bottle warmer/crock pot labeled for breast milk bottles only
- Create a plan with Mom if breast milk should run out before the last feeding
- Create a policy around provision & storage of fresh/frozen breast milk

## Breastfeeding and Child Care: What Moms Can Do

Photo courtesy of Leslie Kuehn Thompson for  
www.baldfem.com



*At our child care center, we want to do everything possible to support you as you continue to breastfeed your baby.*

**Here are a few suggestions:**

- **Make sure that all milk you bring to the child care center is properly labeled with your child's name and the date you expressed the milk.**
- **If possible, visit our center during the day to breastfeed your baby.** This will mean less time needed to express your milk and more time spent with your baby.
- **Let us know if your pick-up time is going to be different than usual.** Together, we can adjust your baby's feeding schedule.
- **When you arrive at the center to pick up your baby, allow some time to sit and feed your baby** before you leave.
- **Avoid introducing formula.** Feeding formula may reduce your milk supply.
- **When you are with your baby, nurse frequently and in response to your baby's cues.** It is best not to stick to a strict feeding schedule.
- **If you are having trouble with breastfeeding or making enough milk, help is available.** Our child care center has a list of community resources that we can share with you.



©2014 Carolina Global Breastfeeding Institute  
<http://cgbi.sph.unc.edu/>  
In Collaboration With:  
NC Child Care Health and Safety Resource Center  
NC Infant, Toddler Enhancement Project  
Shape NC: Healthy Starts for Young Children  
NC Department of Health and Human Services  
Wake County Human Services and  
Wake County Smart Start

Questions/Comments?





# Breakout groups

---

## Next Steps

**Take a few minutes in your breakout group to discuss:**

1. What did you hear that might work in your program?
2. If you are already doing these things, how can you start writing your policy to reflect your support of BF families and staff?
3. what is one thing you can do after this training?

# Thanks to all of our partners!

- ENRICH Carolinas - Carolina Global Breastfeeding Institute (CGBI)
- Buncombe County Partnership for Children
- Orange County Partnership for Young Children
- Wake County Smart Start
- NC Partnership for Children
- Breastfeed Durham
- Breastfeed Orange NC



The Orange County Partnership  
for Young Children

WAKE COUNTY

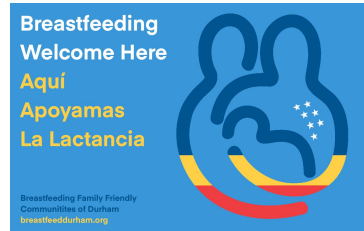


Smart Start



Buncombe  
Partnership  
for Children

a partner in the  
smart start network



# Next up:

Join us for

## ***Building Blocks of Breastfeeding Friendly Child Care***

May 11th (1-2pm)	Breastfeeding in the classroom part 2 (Curriculum)
June 8th (1-2pm)	Feeding Infants/Toddlers (bottles, weaning, solids)
July 13th (1-2pm)	Communicating with families about Breastfeeding
August 10th (1-2pm)	Creating a Lactation space
September 14th (1-2pm)	Applying for Breastfeeding Friendly designation
October 12th (1-2pm)	Reviewing your center Breastfeeding policy

