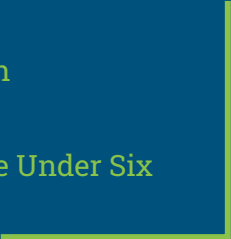




Creating a Breastfeeding Space

How to fund, create and promote

Natasha Bowden, Buncombe County Partnership for Children
Maria Hitt, Orange County Partnership for Young Children
Darlene Brannon, Kids Korner Academy
Anna Mercer-McLean and Faith McLean, Community School for People Under Six
Carly Pedrotty, Little Sweet Potatoes, FCCH



AGENDA

1. **Welcome** **8 minutes**
 - a. Today's Objectives
 - b. Our Why (Healthy Communities video)
 - c. BFFCC Designation criteria related to space
2. **Why create a designated breastfeeding space?** **5 minutes**
 - a. Supports breastfeeding mothers
 - b. Supports breastfeeding staff
3. **Creating spaces: Experiences from the Field** **30 minutes**
 - a. Kids Korner Academy- Durham
 - b. Community School for People Under Six- Carrboro
 - c. Little Sweet Potatoes- Chatham
4. **Lactation space regulations in NC** **5 minutes**
 - a. NC laws and rules
 - b. What should be included in the space
 - c. Where can lactation happen? Recommendations
5. **Funding your lactation space** **3 minutes**
6. **Discussion- what will you do in your space?** **5 minutes**
7. **Wrap-up/announcements/evaluation** **4 minutes**



Randolph County Partnership for Children, Asheboro

Objectives for Today

Participants will:

- Gain an understanding of why supporting breastfeeding is important
- Learn how providing a comfortable space can be a benefit for moms, staff and the program as a whole
- See examples of breastfeeding spaces and hear how directors created them to get ideas for their own program
- Have the opportunity to share ideas and ask questions about how to create breastfeeding spaces in child care programs





Our Why - Achieving Health Equity in Every Community

10 Steps to Breastfeeding Friendly Child Care

6.1 We actively invite breastfeeding mothers to come to the program to nurse their babies while under our care.



10 Steps to Breastfeeding Friendly Child Care

6.2 There is a clean and comfortable place in our program, other than a bathroom, for mothers to sit and nurse their babies, or pump (express) milk if desired.



Center of Excellence Child Care, Hillsborough

10 Steps to Breastfeeding Friendly Child Care

6.3 Our program displays posters and distributes materials, including photos reflecting the families we serve, that show our support of breastfeeding and demonstrate best practices.



Our Child Care Center Supports Breastfeeding

In order to support families who are breastfeeding or who are considering breastfeeding, we strive to do the following:

- **Make a commitment** to the importance of breastfeeding, especially exclusive breastfeeding, and share this commitment with our staff and families.
- **Train all staff** in supporting the best infant and young child feeding.
- **Inform families** about the importance of breastfeeding.
- **Provide learning and play experiences** that normalize breastfeeding for children.
- Teach our families to **properly store and label their milk** for child care center use.
- **Provide a breastfeeding-friendly environment**, displaying posters about breastfeeding and welcoming mothers to breastfeed their babies at our center.
- **Support breastfeeding employees.**
- **Develop a feeding plan** that supports best infant feeding practices with each family.
- Contact and coordinate with local skilled breastfeeding support and **actively refer.**
- **Continually update** our information and learning about breastfeeding support.

Breastfeeding Families Welcome Here!

CONTACT US
At 1-800-458-5231

© Carolina Global Breastfeeding Institute
<http://www.breastfeeding-usa.org/>

In Collaboration With:
NC Child Care Health and Safety Resource Center
NC Infant Feeding Enhancement Project
Shaw-NC Healthy Start for Young Children
NC Department of Health and Human Services
Wake County Human Services and
Wake County Smart Start

Where to breastfeed?

Breastfeeding is allowed ANYWHERE
in the child care program



**Breastfeed
anywhere, anytime.**

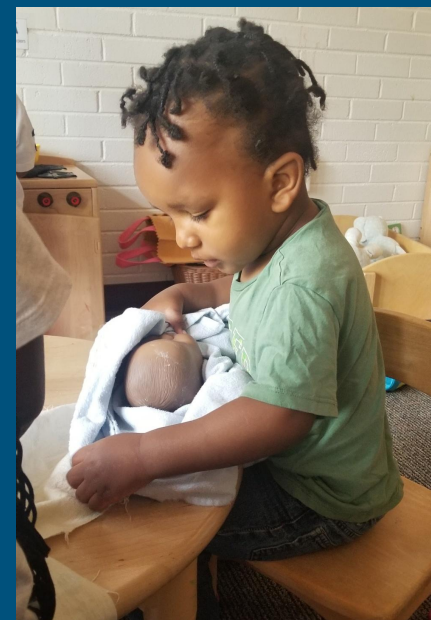


If you'd like some privacy, please ask a staff member.

Why create a designated breastfeeding space for breastfeeding?

Families and Program Staff:

- Will feel welcome, comfortable and positive about your program
- Will be better able to attend to work (and school, if applicable)
- Have fewer absences (i.e. lactating parents and their children)
- Supportive environment can impact employee retention



Darlene Brannon, Kids Korner Academy II



Rocker with Cushion

Rocker \$50.00



Background Flower Wall

Background \$20.00



Privacy Curtain



Breastfeeding Handouts

Handouts - Free



Info Board

Bulletin Board

\$25.00



Breastfeeding Environment

- FINDING THE RIGHT SPOT
 - STAFF ASSISTANCE
 - COMMUNITY ASSISTANCE
- NEED FOR THE SPACE TO BE INVITING AND COMFORTABLE FOR THE BREASTFEEDING MOTHER

Testing for comfort



Anna Mercer-McLean and Faith McLean

Community School for
People Under Six
Carrboro

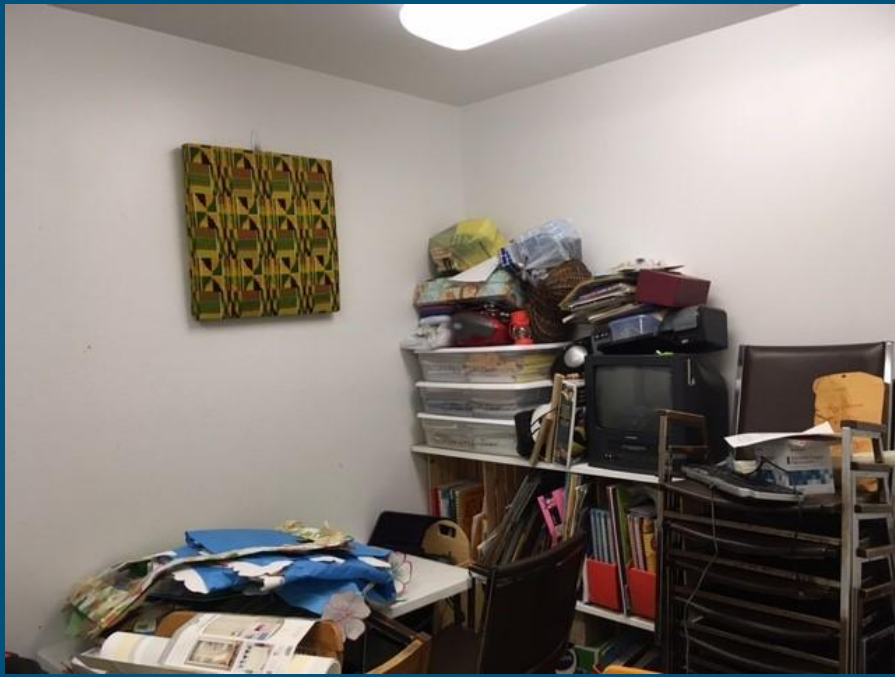


Creating CSPU6 Serenity Place

A serene place for families, staff and therapist

- Established August 2016
- Identifying and Creating a Space
- Cost/Community Resources
(Under \$300)
- Multipurpose Use





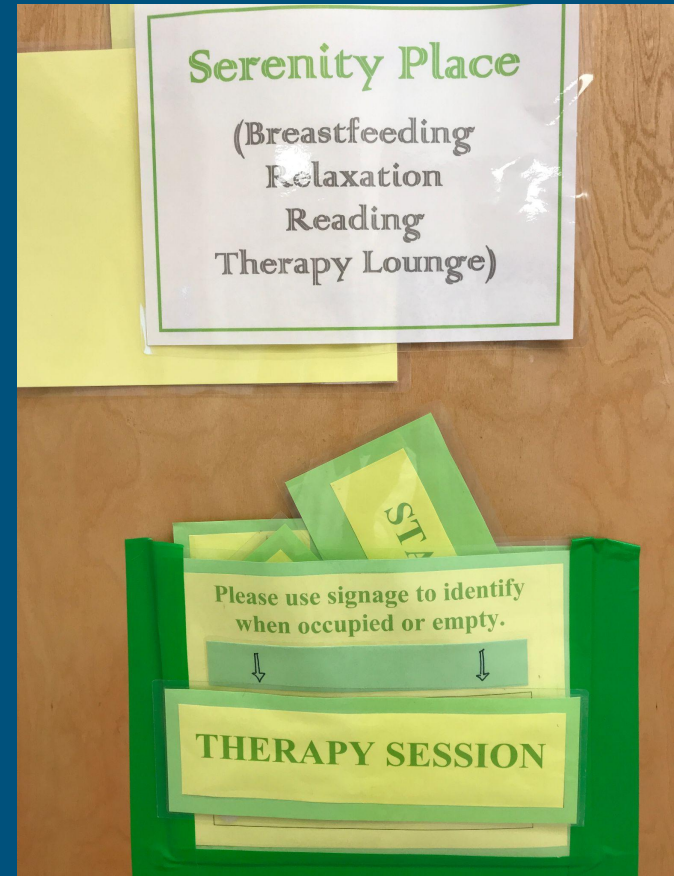
Before and After



A Multipurpose Room



A space for older children or therapy too



Supporting Breastfeeding Moms

- BFCC designation Benefits (4 Block Center)
- Access to Electrical outlet for Breast Pump
- Access to Sink, Water and Bathroom
- Benefits to Enrollment



A Mother's Story

Faith McLean - Mother of twins Boys, now age 2

(From both the parent and employee perspective)

- Benefits of Breastfeeding
- Benefits of having a Lactation Space as a mom
- Benefits of having a Lactation Space as an employee



Carly Pedrotty

Little Sweet Potatoes FCCH, Chatham County

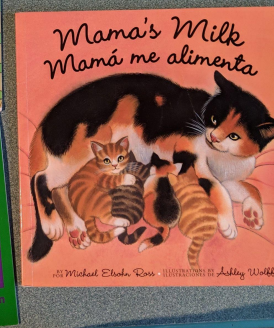
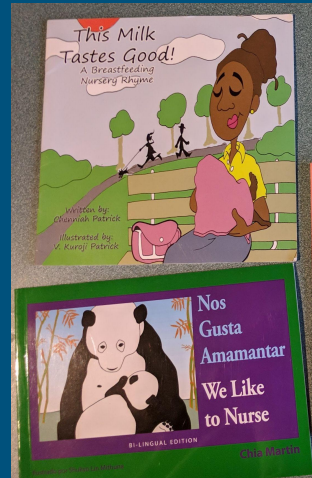
- Carly received the BFCC state designation for a Family Child Care Home.
- She has an open floor plan and this couch for breastfeeding. She can move the couch as needed. It's in a multipurpose space.
- There is a handwashing sink in the room and plenty of plugs if someone wants to pump
- She used what she already had on hand so there was no cost



Little Sweet Potatoes, FCCH

How has having the designation been beneficial?

- She now has a policy in place
- She has added more books and toys
- The designation process helped her think more about how to be Breastfeeding Friendly



North Carolina State Law- Indecent Exposure

“ Notwithstanding any other provision of law, a woman may breast feed in any public or private location where she is otherwise authorized to be, irrespective of whether the nipple of the mother's breast is uncovered during or incidental to the breast feeding.”

DCDEE Child Care Rules

10A NCAC 09

.0901 General Nutrition Requirements

–(k) Parents shall be allowed to provide breast milk for their children. Accommodations for breastfeeding mothers shall be provided that include **seating and an electrical outlet in a place other than a bathroom that is shielded from view by staff and the public** which may be used by mothers while they are breastfeeding or expressing milk.

.0902 Requirements for Infants

- (a) relates to *Feeding Plan*
- (b) relates to *Paced Feeding*
- (d) relates to *Storage and Labeling*



What can your space include?

Required

- Seating
- An outlet
- Shielded from public view
- Shielded from staff view
- Non-bathroom

Recommended

- A table to hold pump (i.e. electric or manual)
- A sink with running water nearby
- Soft or natural lighting or lamp
- White noise machine
- Resource area with books and information
- Attractive decor, flowers, artwork, rug etc.
- A tiny fountain or aromatherapy

Signage from
A Safe Place
Raleigh



Where can the space be located?

Breastfeeding is allowed **ANYWHERE** in the program

A separate/private room- repurposed closet or storage room

A space within the infant or toddler classroom

Divided by a screen or curtain (Note: Allowed by NC law in open space)

Multi-purpose space (breastfeeding, therapy sessions, meditation, decompression place for staff)

NOT SURE? Ask for feedback from families and program staff.



Verner East, Asheville

Funding Your Lactation Space

- Put up a breastfeeding board that promotes what your program is doing with a list of what you would like for your room
- Facebook fundraiser if you are a non-profit
- Project jar requesting donations (usual room cost is around \$250 or less)
- Apply for grants such as offered through Aeroflow's room makeover contest
- Flea market/consignment/Habitat/Goodwill
- Kids art show/sale
- Ice cream social



Next Session

The Next Building Blocks for Breastfeeding Friendly Child Care session will be:

Tuesday, September 14, 2021 at 1:00 PM

The topic will be:

Applying for the Breastfeeding Friendly Child Care Designation

Please join us and spread the word!

Register here: <https://forms.gle/Q182RZjHpUbB8dyb7>



Thanks to all of our partners!

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

