Building Blocks of Breastfeeding Friendly Child Care Session #6: Feeding Infants: Paced bottle feeding &

Jennie Ogden, Director, The Little School of Hillsborough Shawna Daniels, BreastfeedOrangeNC

child-led weaning

AGENDA

l.	Welco	me	5 minutes
II.	Our Wh	ny (video)	5 minutes
III.	Infant Feeding		25 minutes
	A.	Paced Bottle feeding	
	В.	Child-led weaning	
IV.	Next steps breakout groups		20 minutes
٧.	Wrap-up/announcements		5 minutes

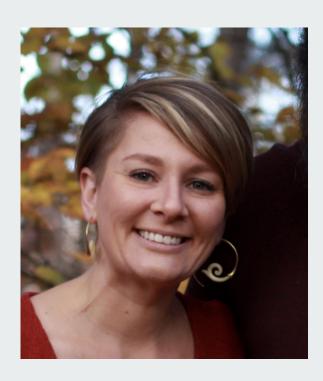
Our WHY - Achieving Health Equity in Every Community



CGBI 10 steps (Infant Feeding focus)

- 2.1 age-appropriate infant feeding practices, including proper storage and handling of human milk.
- 2.2 Recognizing infant hunger cues and feeding in response to these cues.
- 2.3 The risks and benefits of different infant feeding options.
- **2.4** Breastfeeding protection, promotion, and support, including support of exclusive breastfeeding.
- 5.1 Provide sufficient refrigerator and freezer space
- 5.3 We discuss with all families how expressed milk will be handled at our child care center.
- 8.1 We develop a written feeding plan with each new family at our center, which is accessible and regularly updated.
- **8.2** Breastfeeding support is explicitly included in all feeding plans, as part of the standard form.
- **8.3** We respond to infants' hunger cues rather than feeding on a schedule, and we encourage mothers to feed this way at home.
- 8.4 We encourage mothers to introduce solid foods at a developmentally appropriate time.

Jennie Ogden, The Little School of Hillsborough



<u>Insert Jennie's picture and bio (use format below)</u>

Jennie has worked for The Little School for nearly 11 years serving many roles including teacher, mentor, and, now, School Director.

Jennie is a graduate of Barton College with a Bachelor of Science degree in Elementary Education. She started her career teaching Kindergarten in public schools, and realized her work there did not match her pedagogic dream. After joining TLS in 2010 she discovered the joy she had been searching for in education. Jennie has taught nearly every age, birth through pre-k, in her time at TLS. Before moving to her current position, Jennie served as a mentor at TLS Duke and Hillsborough Campuses.

When is Jennie is not at TLS she enjoys time with her husband and two elementary age childrenbaking, traveling, and hiking.

About The Little Schools of Hillsborough & Duke





Paced Bottle Feeding: Listening to Infants











How to Begin:

- Start the conversation with parents when they tour or enroll
- Return to the conversation when the infant nears 4-6 months or when the child begins sitting
- Encourage parents to try foods at home first.
- Once child is eating at school communicate the progress with the parents.







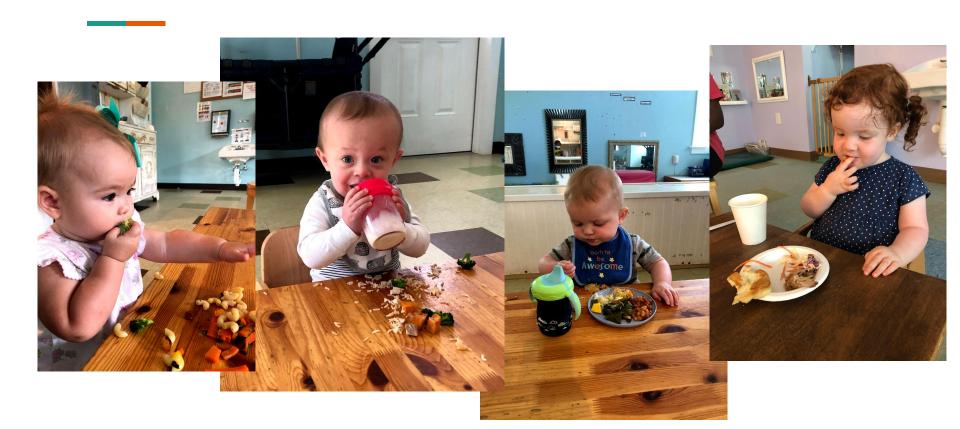












QUESTIONS?

thelittleschool.net

Email: <u>Jennie.ogden@thelittleschool.net</u>



BREAKOUT GROUPS

Take a few minutes in your break out group to discuss:

- 1. Name one thing you learned from this session?
- 2. What are you already doing toward meeting this standard?
- 3. Let's talk about challenges...

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









