

Sample Breastfeeding Policy for Child Care Centers and Family Child Care Providers

In order to promote breastfeeding as a foundation for the health and well-being of the children and families we serve, [program name] values the importance of breastfeeding and sets standards above and beyond licensing requirements for breastfeeding. These include:

1. Provide an atmosphere that welcomes breastfeeding families.

- Signs, posters, or other materials are displayed to let families know breastfeeding is welcome and supported.
- Staff encourages breastfeeding parents to visit and mothers to breastfeed their infants.
- Toys and learning/educational materials available in the center allow children to learn about breastfeeding as a natural way to nurture.

2. Help mothers continue to breastfeed when they return to work or school.

- Provide accurate, culturally appropriate materials and resources to breastfeeding families and employees. (Materials are not produced or sponsored by infant formula companies.)
- Make available a comfortable, private, and sanitary space with access to electricity, a refrigerator, and a sink for cleaning to families and employees.
- Designated breastfeeding space is NOT a bathroom.
- Employees are given breaks that are flexible and reasonable in length to breastfeed or express breast milk for their children.
- *For centers*, breastfeeding is not limited to designated, private space. (Ohio law states "Women in Ohio have the right to breastfeed their baby wherever the public is invited in and would otherwise be accommodated.")

3. Train all staff in essential breastfeeding knowledge and practices, including:

- Benefits of breastfeeding for both mother and infant.
- Safe handling and storage of human milk.
- Best practices in infant feeding, including serving infants their mother's milk to at least 12 months of age, recognizing and responding to infants' feeding cues, the size of a baby's stomach, feeding on demand and paced bottle feeding.
- Respect for the breastfeeding family's requests on timing and amount of feedings to facilitate direct breastfeeding whenever desired.
- Updating the infant's feeding plan as feeding needs change.
- How to support breastfeeding families.
- Avoiding personal biases in supporting breastfeeding.
- Breastfeeding laws.

