

# Ohio Breastfeeding Friendly Child Care Application for Family Child Care Providers

Breast milk is the optimal source of nutrition for infants. The American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months, followed by breastfeeding with complementary foods until at least 12 months of age, and continued for as long as mutually desired by mom and baby.

In Ohio, 8 out of 10 moms breastfeed their babies while in the hospital. By the time the baby is 6 months old, only 5 out of 10 moms are still breastfeeding. During this time, many moms return to work and/or school and are faced with many challenges as they continue to breastfeed and/or express breast milk.

The purpose of the Ohio Breastfeeding-Friendly Child Care Designation is to provide child care providers with the knowledge and tools to support breastfeeding children, families and employees in their setting. Programs can earn designation by creating and implementing a breastfeeding policy that meets the minimum requirements outlined in the application and by completing the Ohio Approved online training, "Supporting Breastfeeding in the ECE Setting."

## Instructions

- Applications will only be accepted online through <https://is.gd/familychildcare>. This paper copy is meant to help you gather your responses before submitting the application.
- You must meet the minimum requirements for each section (environment, support and provider education) in order to be eligible for designation.
- Your written policy must also address each of the 3 sections listed in the application (environment, support and provider education).
- Applications can be submitted at any time and will be reviewed on a monthly basis. Please allow 30 days for a review decision.
- Three levels of achievement will be awarded: bronze, silver, and gold.
- Designation is valid for 2 years. A renewal application will be required to continue designation.
- Programs may reapply at any time during their designation period to increase their award status (ex. bronze to gold).
- Please direct questions to [breastfeedECE@odh.ohio.gov](mailto:breastfeedECE@odh.ohio.gov).

## Training

- The program administrator is required to take "Supporting Breastfeeding in the ECE Setting" in order to be eligible for designation. The training is available online and at no cost through the [Ohio Professional Registry](#).
- Any program staff or individuals helping out with care should be encouraged to take the training.
- The training is approved for 2.0 Ohio Approval (OA) credit hours.

**Contact Information**

Name of Child Care:

Program Administrator:

Address:

Phone number:

Email:

**Facility Information**

**Total number of staff onsite:**

**# of staff, including substitutes, caring for children ages 0-3 (including program administrator)**

**# of children enrolled:**

0-12 months:

13-17 months:

18 months-3 years:

Over 3 years:

**# of infants breastfeeding while in your care**

# of infants under 6 months:

Receiving only human milk

Receiving any human milk

# of infants 6-12 months

Receiving only human milk\*

Receiving any human milk\*

\*in addition to complementary foods

# of infants over 12 months

Receiving only human milk\*

Receiving any human milk\*

\*in addition to complementary foods

**Do any children in your care have a written doctor's note stating they cannot have breast milk for a medical reason?**

**Submission and Public Listing Authorization**

I agree to have the designation decision posted on the Ohio Department of Health Breastfeeding website [www.odh.ohio.gov/breastfeeding](http://www.odh.ohio.gov/breastfeeding).

## Part 1: Environment

My family child care home provides an atmosphere that welcomes breastfeeding families.

Program must have at least one of the following in place.  
*Please check all that apply.*

- My family child care home has culturally appropriate signs, posters, or other materials displayed to let families know breastfeeding is welcome and supported.
- My family child care home encourages mothers to visit and breastfeed during the day.
- Orientation to my family child care home includes information on how my program supports breastfeeding.
- My family child care home has toys and learning/educational materials available to allow children to learn about breastfeeding as a natural way to nurture.

## Part 2: Support

My family child care home helps mothers to continue breastfeeding when they return to work or school.

Program must have at least one of the following in place.  
*Please check all that apply.*

- My family child care home provides accurate, culturally appropriate materials and resources to breastfeeding families and employees and materials are not produced or sponsored by infant formula companies.
  - My family child care home ensures nursing mothers employed by the program receive reasonable breaks each day to express milk and provides a private space, that is not a restroom, where an employee can express milk in privacy.
- My family child care home provides a designated breastfeeding space that:
- Is comfortable
  - Is private
  - Is NOT a bathroom
  - Has access to electricity (for a pump)

### Part 3: Provider Education

Providers and employees at my family child care home are trained in essential breastfeeding knowledge and practices so they are able to support breastfeeding.

Program must have at least one of the following in place.

The following employees completed the breastfeeding training:

Type A Provider

- Program Administrator
- Staff Member(s)

Type B Provider

- Program Administrator

Please list all staff who have completed the training.

_____	_____	_____
Staff Name	Position	OPIN
_____	_____	_____
Staff Name	Position	OPIN
_____	_____	_____
Staff Name	Position	OPIN

## Part 4: Breastfeeding Policy

My family child care home has a written policy that reflects my program's commitment to support breastfeeding.

Program must submit breastfeeding policy.

*Please check all that apply.*

The written policy includes at least one item from each of the following sections:

- Environment** *My family child care home provides an atmosphere that welcomes breastfeeding families.*
  - Support** *My family child care home helps mothers to continue breastfeeding when they return to work or school.*
  - Provider Education** *Providers and employees at my family child care home are trained in essential breastfeeding knowledge and practices so they are able to support breastfeeding.*
  - The written policy is shared with all families and staff, if applicable, as they are hired, and staff is aware that it is part of their job to help support moms as they continue to breastfeed.
- Breastfeeding policy was submitted.

