



GREAT LAKES BREASTFEEDING WEBINARS

Breastfeeding in the Child Care Setting

Elon Geffrard, BS, CLC.

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- The goal of this presentation is for participants to understand the role of childcare providers in supporting and protecting a family's breastfeeding experience, including ways to support breastfeeding families in both home and center based care settings; proper guidelines for handling human milk; and learning CACFP reimbursement guidelines.
- For most families, returning to work is not a choice and child care is a main part of their lives. Child care providers serve as champions when they educate, influence, and support breastfeeding.
- Breastfed babies are suitable for childcare settings despite certain myths about breastfed babies.
- Childcare providers can coordinate with families to make breastfeeding easier.
- Making space ensures that there is a clean, private area that is not a bathroom to feed and express human milk within the center or home.
- Welcoming breastfeeding includes signs and literature that emphasizes breastfeeding along with having a written policy that is available to families.
- Observing proper handling, preparation, and storage guidelines ensures that human milk is given properly.
- Using the paced feeding method mimics feeding at the breast with a slow flow nipple and allows the baby to slow down and control the amount of milk at each feeding, lessening the amount of gas and spit up and maximizing the amount of expressed milk given during the day.
- No infant should be fed the expressed milk of another infant's mother while in child care. Use same protocol as giving medication and keep human milk labeled properly and always double check labeling before feeding human milk.
- Child and Adult Care Food Program (CACFP) is a federal program administered by the FDA to provide reimbursement for nutrition implementation. Feeding human milk is allowable for reimbursement.
- The value of breastfeeding within the childcare setting cannot be emphasized enough.
- Breastfeeding-friendly child care spaces reduce barriers to breastfeeding for families. Equity issue that includes all families and benefits extend to economic resources as well.
- Breastfeeding-friendly child care spaces with policies in place help to protect and support the duration of breastfeeding in the face of returning to work.

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