Resources for a Breastfeeding Friendly Child Care

How to Support Breastfeeding Mothers & Families: A Simple Guide for Child Care Providers. 10 minute video: https://www.youtube.com/watch?v=IpDDxnbin7c

Let's Move! Child Care. Breastfeeding resources for child care providers: https://healthykidshealthyfuture.org/5-healthy-goals/support-breastfeeding/

Within Reach. Home to the Breastfeeding Coalition of Washington (BCW) http://www.withinreachwa.org/what-we-do/healthy-communities/breastfeeding/


Ten Steps to Breastfeeding Friendly Child Care: Kit from Wisconsin Department of Health Services: https://www.dhs.wisconsin.gov/publications/p0/p00022.pdf


What to do if an Infant or Child is Mistakenly Fed another Women’s Expressed Breast Milk: Recommendations from the Centers for Disease Control and Prevention (CDC) http://www.cdc.gov/breastfeeding/recommendations/other_mothers_milk.htm

Breastfeeding Resources for Parents

Seeking Support for Breastfeeding at Work and Child Care: A Parent Guide http://www.youtube.com/watch?v=RXXpmCn57ZIfeature=youtu.be


Within Reach. Home to the Breastfeeding Coalition of Washington (BCW) with links to local breastfeeding coalitions. http://www.withinreachwa.org/what-we-do/healthy-communities/breastfeeding/


Resources for Creating a Breastfeeding Policy at Child Care


Information on breastfeeding in child care including sample Breastfeeding Policy from the Arizona Department of Health http://www.azdhs.gov/phs/bnp/gobreastmilk/childcare.htm

Let’s Move! Child Care Resources

Let’s Move! Child Care FREE online resources: https://healthykidshealthyfuture.org/

Child care providers who meet all 5 Let’s Move! Child Care goals can earn recognition: https://healthykidshealthyfuture.org/join-us/

References:

Why Moms Need Breastfeeding Support from Child Care

CDC. Infant Feeding Practices Study II and Its Year Six Follow Up. 2014 - Tables 1.23, 3.3 & 3.35

http://www.cdc.gov/breastfeeding/data/ifps/results.htm#ch1


http://link.springer.com/article/10.1007%2Fs10869-005-6982-0


Breastfeeding Recommendations & Benefits


http://pediatrics.aappublications.org/content/129/3/e827.full#content-block


http://www.iom.edu/obesityyoungchildren

The Urban Child Institute. Brain Development: Conception to Age 3.


http://www.womenshealth.gov/breastfeeding/breastfeeding-benefits.html

Center on the Developing Child at Harvard University, The Foundations of Lifelong Health Are Built in Early Childhood. 2010

http://developingchild.harvard.edu/resources/reports_and_working_papers/foundations-of-lifelong-health/
Child Care Policies and Recommendations

USDA. Infant Feeding in the CACFP- Revised. 2015: Guidance on reimbursement for meals served to infants through 3 months of age by parents or guardians
http://www.fns.usda.gov/infant-feeding-cacfp


Caring for Our Children (CFOC), Standard 4.3.1.3: This standard explains why it is unnecessary to use gloves while preparing bottles of breast milk
http://cfoc.nrckids.org/StandardView/4.3.1.3

https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Water-Juice.aspx

American Academy of Pediatrics. Infant - Food and Feeding

Prepared by:
University of Washington Center for Public Health Nutrition
November 2015
http://depts.washington.edu/uwcphn/work/ece.shtml