

Breastfeeding Support in the Child Care Setting

Breastfeeding is good for everyone:

- Protects infants against many childhood illnesses
- Reduces the risk of SIDS
- Provides lasting health benefits to both mother and child
- Contributes to positive maternal self-image
- Promotes an early and secure attachment for the child, which is central to subsequent development
- Affects children's cognitive and social functioning which significantly impacts school readiness and participation.
- Protects children at risk for adverse early experiences.

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of life and breastfeeding until at least one year of age, with continuation of breastfeeding as long as mutually desired by mother and child.



Kansas
Breastfeeding
Coalition, Inc.

CHILD CARE PROVIDERS PLAY A CRITICAL ROLE IN SUPPORTING BREASTFEEDING

Child care providers influence the lives and health of the families they serve and can be an important source of support for working mothers who want to breastfeed.

How child care programs can support breastfeeding families:

- Allowing women to feed their children on-site
- Having a posted breastfeeding policy that is regularly communicated
- Making sure procedures for storing and handling breast milk and feeding breastfed infants are in place
- Training staff members in the care of the breastfed child and handling of breast milk

CHILD CARE PROVIDERS WHO SUPPORT BREASTFEEDING ARE IN DEMAND

Breastfeeding-supportive programs are more competitive:

- Parents are looking for child care programs that support their decision to breastfeed—In Kansas, over 80 percent of women initiate breastfeeding and 36 percent breastfeed at one year after birth. Programs that support breastfeeding are meeting a key market need.
- Breastfed babies have fewer absences from child care—Breastfeeding decreases the likelihood of various types of infections and illnesses.
- Increased access to breastfeeding education and support in the child care setting benefits not only the families that they serve but also the child care employees themselves.

NATIONAL AND STATE GUIDELINES & REGULATIONS FOR BREASTFEEDING SUPPORT IN THE CHILD CARE SETTING

Caring for our Children: National Health and Safety Performance Standards, 2011: "The facility should encourage, provide arrangements for, and support breastfeeding."

Child and Adult Care Food Program (CACFP):

- The CACFP meal pattern requirements recommend that child care providers feed babies when they show signs of hunger instead of on a set schedule.
- Caregivers may serve *less than the minimum regulatory serving* of breast milk to infants who regularly do not consume that amount of breast milk as long as more breast milk is offered later when the baby is hungry.
- Once a breastfed baby is developmentally ready to begin consuming solid foods, the caregiver must provide all other components (not including the breast milk) in order to claim the meal for reimbursement.
- A parent may request that a child continue receiving breast milk in place of fluid milk after 12 months of age. A written request or medical statement is not required in order for the meal to be reimbursed.

For additional questions regarding CACFP, please contact KSDE at 785-296-2276.

Breastfeeding Equals Monetary Reimbursement:

Breastfeeding provides financial benefits for providers who participate in the USDA's Child and Adult Care Food Program (CACFP). As a CACFP provider, providers will still receive reimbursement for meals and snacks when the mother has provided pumped breast milk or has breastfed her baby at the child care site even after the child's first birthday.

Head Start/Early Head Start:

- Provide families with information, education, and services that address the benefits of breastfeeding.
- Programs must ensure infants and young toddlers are:
 - Fed on demand to the extent possible
 - Provide facilities to properly store and handle breast milk
 - Make accommodations for mothers who wish to breastfeed during program hours
 - If necessary, provide referrals to lactation consultants or counselors.

Centers for Disease Control and Prevention (CDC): According to the CDC, “breast milk is not considered a biohazard and no special precautions exist for the handling of expressed human milk.” Child care providers do not need to store breast milk in a separate refrigerator or wear gloves to feed a bottle of breast milk. Breast milk should be treated similarly to any infant food and there are no special legal requirements for handling breast milk.

Kansas Department of Health & Environment, Child Care Licensing Regulations:

- Each bottle that contains prepared formula or breast milk shall be stored in the refrigerator with the nipple covered. The bottle shall be labeled with the child’s name, the contents, and the date received and shall be used within 24 hours of the date on the label.
- If a child does not finish a bottle, the contents of the bottle shall be discarded. *
- No formula or breast milk shall be heated in a microwave oven.

For additional questions regarding Kansas Child Care licensing regulations, please contact KHDE at kdhe.cclr@ks.gov

Additional Guidance:

- *Offer small amounts when feeding (about 2 oz.) to avoid discarding breast milk if a bottle is not finished.
- Some feedings may take up to an hour. A bottle does not need to be discarded if a child is dozing during a feeding. Staff should know the child’s feeding pattern and if they typically doze during a feeding.
- Liquid breast milk, from a bottle that has not been started, must be returned to the family at the end of each day. Frozen breast milk may be stored on site.

Emergency Preparedness Plan

If you have breastfed babies, you will need to plan how to have each baby’s milk ready to take with you in the event of an emergency. For information on breast milk storage guidelines - https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm. For more information about supporting breastfed infants during times of emergencies, visit <http://ksbreastfeeding.org/resources/breastfeeding-emergencies-disasters/>.

RECOMMENDATIONS: ACHIEVE THE “BREASTFEEDING FRIENDLY CHILD CARE DESIGNATION”

Child Care Aware® of Kansas recognizes child care providers who provide support to breastfeeding families and employees through the Breastfeeding Friendly Child Care Designation. Programs receiving the designation receive a certificate, a window cling and are recognized in the Provider Profile information that is distributed through the Child Care Aware® of Kansas Referral Center—a resource for families looking for child care. Contact Child Care Aware® of Kansas for information at 855-750-3343 or helpdesk@ks.childcareaware.org



RESOURCES

- Kansas Breastfeeding Coalition “Child Care” Resources (videos, policy templates, parent handouts, etc.)—<http://ksbreastfeeding.org/cause/child-care-provider-education/>
- Child Care Aware of Kansas “Breastfeeding Friendly Child Care Provider” designation application and tool kit—<http://www.ks.childcareaware.org/for-child-care-early-education-staff/toolkits/>. For a list of designated programs, use the link above.
- “How to Support the Breastfeeding Family” course online at Kansas Child Care Training Opportunities (KCCTO)—Register at <http://kccto.org/programs/online-learning/registration-information>
- Paced Bottle Feeding—<https://www.youtube.com/watch?v=UH4T70OSzGs>
- Breastfed Babies Welcome Here—<https://www.fns.usda.gov/tn/breastfed-babies-welcome-here>

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