



Questions to Ask When Looking for Child Care

When you look for childcare, choose a place that will help you reach your breastfeeding goals.

When you meet with child care staff or take a tour, make sure they understand your plan for breastfeeding. Talk about ways you can work together to give your baby the healthiest start.

ASK YOUR CHILD CARE PROVIDERS:

THEY SHOULD SAY:

HOW OFTEN DO YOU FEED THE BABIES?

Babies should be fed when they show early hunger cues, not on a feeding schedule. We will feed your baby when he shows early hunger cues.

HOW DO YOU KNOW WHEN A BABY IS FINISHED EATING?

The feeding should end when the baby lets go of the nipple or falls asleep, even if there is milk left in the bottle.

HOW DO YOU COMFORT A CRYING BABY?

If baby gets fussy, we try lots of ways to soothe him. Babies cry for many reasons. It doesn't always mean they are hungry. We do not automatically give a bottle when the baby is fussy. Sometimes they just need to be held, rocked, or have their diapers changed. We also try taking babies outside when they are fussy.

DO YOU HAVE A WAY TO STORE PUMPED BREASTMILK?

Yes. We know that breastmilk must be stored in a refrigerator and warmed up before feeding. If we do not have a refrigerator available for you to use, we can keep the breastmilk in a cooler you give us with ice packs.

ARE YOU FAMILIAR WITH HOW TO WARM BREASTMILK?

Of course. We warm up your milk for a few minutes by putting the bag or bottle in a cup or bowl of hot water from the tap. We never use a microwave when warming milk because it can burn the baby, and it hurts the milk's nutritional value. Breastmilk separates and leaves a layer of cream on top, so we swirl it to mix it up.

DO YOU HAVE A PLACE WHERE I CAN BREASTFEED MY BABY?

We have a room or space just for nursing moms. Sometimes mothers want to stay in the baby room to breastfeed and that's OK, too.

HAVE YOU AND THE STAFF HAD BREASTFEEDING EDUCATION?

Yes! We have taken the free online course, [How to Support the Breastfeeding Mother & Family](#), that is available from Kansas Child Care Training Opportunities or the Kansas Breastfeeding Coalition.