

# Breastfeeding FAQs for Child Care Providers

*This information includes suggestions for child care providers to support breastfeeding families that go beyond what Kansas child care regulations require.*



KS REGULATIONS

*Visit KDHE's FAQs for more information on implementing the 2024 regulations.*



KDHE FAQs



Kansas  
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## ***Accommodating Parents to Breastfeed On-Site***

**Q: A parent wants to breastfeed their baby at my child care facility. What do I need to provide them?**

**A:** Provide a parent with a place to sit and breastfeed their child. Other things you can do to provide additional support to a breastfeeding parent include providing:

- An adult-sized chair or recliner for her to sit and breastfeed her child
- Clean pillow(s) to support her and/or her breastfeeding child
- Step stool or ottoman for her to prop her feet to prevent back strain
- Water or other beverages to help her stay hydrated
- Snacks

**Q: A parent has complained about seeing a mother breastfeeding at my child care program. They are also worried their child may see this. Should I ask the parent to cover up when breastfeeding?**

**A:** No. Kansas law protects a mother's right to breastfeed where she has the right to be. Breastfeeding mothers do not need to be covered unless they want to be.

- To those uncomfortable around a breastfeeding mother, consider saying something like, "I understand your concern. However, our program complies with the Kansas law that protects a mother's right to breastfeed. As a breastfeeding-friendly child care, we support breastfeeding families and will not ask a nursing mother to cover up or move. What can I do to help you feel more comfortable?"
- You can normalize breastfeeding for other children in your care by reading breastfeeding-friendly books or having nursing stuffed animals or dolls available. If children ask, explain that breastfeeding is one way many mothers feed their babies, perhaps saying, "That baby's mommy is helping them to be healthy by feeding them with her milk. Have you ever seen a mommy cow, or dog, or cat feed her baby? Mommies do the same thing when they feed their baby this way. Some mommies feed their baby like this, and others feed their baby with a bottle."

## Breast Milk Storage and Handling

### Q: Why does breast milk need to be labeled with the time it was expressed?

A: There are two reasons why knowing the time the breast milk was expressed is important:

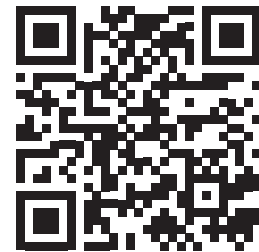
1. It helps to determine when the breast milk has “expired”. Just like with other foods, breast milk has an expiration date. It helps to ensure the milk is fed within a safe period. The new KDHE regulations require (<https://www.kdhe.ks.gov/DocumentCenter/View/40863/CCL-Regulations-Packet-1-Both-Stamps-PDF?bidId=>) “Unfrozen breast milk shall be stored in a refrigerator and shall be used within 96 hours from the time it was expressed.” Therefore, it’s essential to know when the milk was expressed to know when the 96-hour period has ended.
2. Breast milk changes throughout the day and night to help set the child’s internal day/night clock. Some parents want their children fed breast milk that is expressed around the same time of day as the child is being fed. Milk expressed in the morning would, for example, be used for the morning feeding at the child care program.

### Q: Does the breast milk I have stored (or will store) in the freezer need to be labeled with the date and time it was expressed?

A: Yes, if you received it after August 2, 2024, it must have the date and time it was expressed. Any frozen breast milk you had on hand prior to that date does not need to be labeled with the time it was expressed. *For more information about preparing, feeding, and storing breast milk, visit Caring for Our Children 4.3.1.3: Preparing, Feeding, and Storing Human Milk (<https://nrckids.org/CFOC/Database/4.3.1.3>).*



Source: United States Breastfeeding Committee.



[ksbreastfeeding.org/join](https://ksbreastfeeding.org/join)

Join the **KBC Child Care Section** to learn more about how to support breastfeeding in the child care setting. The group meets online on the third Tuesday of odd numbered months from 12-1 p.m.



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