



## Promoting Breastfeeding in Early Childhood Systems Checklist

**Nearly 90% of families in Kansas choose to breastfeed. Help align and integrate breastfeeding into everything you do!**

**This checklist is designed for agencies, organizations, and programs that support child care providers.**

- Review infant feeding policies, guidelines, and recommendations to ensure breastfeeding is the norm for infant feeding.**
- Disseminate breastfeeding information to:**
  - Child Care Providers
    - [Breastfeeding Friendly Child Care Provider Toolkit \(Spanish\)](#)
    - [Breastfeeding Friendly Child Care Designation Application \(Spanish\)](#)
    - Integrate breastfeeding information into other trainings and conferences
    - FREE online training - *“How to Support Breastfeeding Mothers & Families”* [Registration information](#)
  - Families
    - [Questions to ask a child care program](#) to determine their support for breastfeeding infants
    - [Listing of “Breastfeeding Friendly Child Care Providers”](#)
    - [Guide](#) to search the Child Care Aware of Kansas online system to find a breastfeeding supportive child care provider *or contact the Resource Center at 1.877.678.2548 for assistance with the search*
  - Partners – Kansas Breastfeeding Coalition (KBC) [Child Care webpage](#)
  - Follow the KBC on social media (@KSBreastfeeding), repost/share
  - Newsletter articles available from the KBC upon request – email [info@ksbreastfeeding.org](mailto:info@ksbreastfeeding.org)
- Internal agency/organization support for:**
  - Employees –
    - Review policies during onboarding/orientation
    - Staff education/trainings
  - Breastfeeding Employees –
    - [Policy template](#) – flexible work options for transitioning back to work with work from home option
    - Door Hanger – [order here](#)
    - “Let’s Give Her a Break” Posters ([English](#)/[Spanish](#)/[Somali](#))
    - [Application](#) for “Breastfeeding Employee Support Award”
    - Infant at Work [resources](#)
  - Breastfeeding guests/visitors –
    - [Enroll in the Breastfeeding Welcome Here program](#) to display window decals & table tents in public spaces
    - Offer lactation room(s) at conferences & meetings

- Join** the KBC Child Care Section to stay informed about breastfeeding in the child care setting (bimonthly online meetings on 3<sup>rd</sup> Tuesday, 12-1 pm)
  - You
  - Staff
  - Child Care Programs
- Child Care Programs:**
  - Policy Review - integrate breastfeeding into infant feeding policy and parent handbook (see Toolkit)
  - Plan and/or place for parents to breastfeed their child onsite that is NOT a restroom
  - Handout for families seeking care - [Questions to ask a child care program](#)
  - Centers - [Enroll in Breastfeeding Welcome Here program](#) to display window decals and table tents in public spaces
  - Training –
    - Refer to the free course at KCCTO (see above) or host an in-person training (contact KBC at [info@ksbreastfeeding.org](mailto:info@ksbreastfeeding.org))
    - Include breastfeeding information in other trainings (CACFP, safe sleep, infant nutrition, infant and toddler development, learning environments), emergency preparedness, etc.) – see *KBC for content*
    - Offer online training options and “off-camera” options during trainings to support breastfeeding students
- Review this checklist and check for updates on the [KBC Child Care webpage](#) at least every three years.**