

# BREASTFEEDING SAMPLE POLICY #1




We at (name of child care facility) are committed to providing ongoing support to breastfeeding mothers including mothers with CSHCN or disabilities. Research has documented a multitude of health benefits to both the mother and infant when the infant is breastfed.

## **Policy:**

The (name of child care facility) adheres to the following guidelines:

- ★ Breastfeeding mothers and mothers with disabilities or CSHCN are provided a place to breastfeed or express their milk.
  - Breastfeeding mothers, including staff members and child care providers, are offered a private and sanitary place to breastfeed their babies or express milk. This area has an electrical outlet, comfortable chair and nearby access to running water.  
(A bathroom is not acceptable.)
- ★ A refrigerator or designated space within a refrigerator and/or freezer is made available for the storage of expressed breast milk.
  - Breastfeeding mothers, staff members and child care providers may store their expressed breast milk in the child care facility's refrigerator and/or freezer. Mothers should provide their own container(s), clearly labeled with their baby's first and last name and the date it was brought to the facility.
- ★ Reassure nursing mothers that they are welcome by displaying breastfeeding promotion information.
  - The "Welcome to our breastfeeding-friendly Child Care Facility" sign, included in the Empower Pack, is on our doors or windows so that it is visible to our parents. Our goal is to encourage mothers to continue breastfeeding after returning to work or school.



For more information on inclusion of children with special health care needs and disabilities, multi-age grouping, family engagement, language and cultural adaptations, and various settings including homes and center facilities related to **Standard 3: Breastfeeding**, please visit the Empower website at [theempowerpack.org](http://theempowerpack.org). Click on Standard 3.

## BREASTFEEDING SAMPLE POLICY #2

We at (name of child care facility) are committed to providing ongoing support to breastfeeding mothers and will respect and encourage a mother's decision to continue to breastfeed her child. In keeping with this philosophy, our facility will:

- ★ Provide a welcoming atmosphere that encourages mothers to begin and continue to breastfeed, even after returning to school or work.
- ★ Provide a designated area for mothers, including staff members and child care providers, to breastfeed their child on site (such as a rocking chair).
- ★ Provide a refrigerator or designated space within a refrigerator and/or freezer for storage of expressed breast milk.

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