

BREASTFEEDING-FRIENDLY CHILD CARE CENTERS

Child care providers are in a unique position to promote breastfeeding and support breastfeeding mothers. The goal of most providers is to nurture and support the growing child. Child care providers can accomplish this, in part, by offering support to breastfeeding families.

Breastfeeding is possibly the most important choice a mother can make for her own health and the health of her developing baby. Most working mothers who return to work during the first 6-8 weeks after giving birth or during their baby's first year of life need breastfeeding support from their child care provider. If a caregiver is knowledgeable about the benefits of breast milk and proper breast milk handling/storage, they can help alleviate some concerns new parents have about returning to work or school.

By supporting breastfeeding, your child care establishment may:

- Benefit from word-of-mouth marketing between breastfeeding families.
- Benefit financially, as meals containing breast milk are reimbursable by CACFP.
- Experience less sick-related childcare appointments as breastfed babies generally get sick less often.