

Supporting Breastfeeding in Child Care Programs

Funded by the Statewide Health Improvement Program

Objectives

- Participants will learn about strategies for recruiting child care providers to participate in the Breastfeeding Support in Child Care Settings
- Participants will learn about typical questions and concerns raised by child care providers regarding breastfeeding support in child care settings
- Participants will learn about strategies to effectively relay relevant information to providers that result in practice changes.

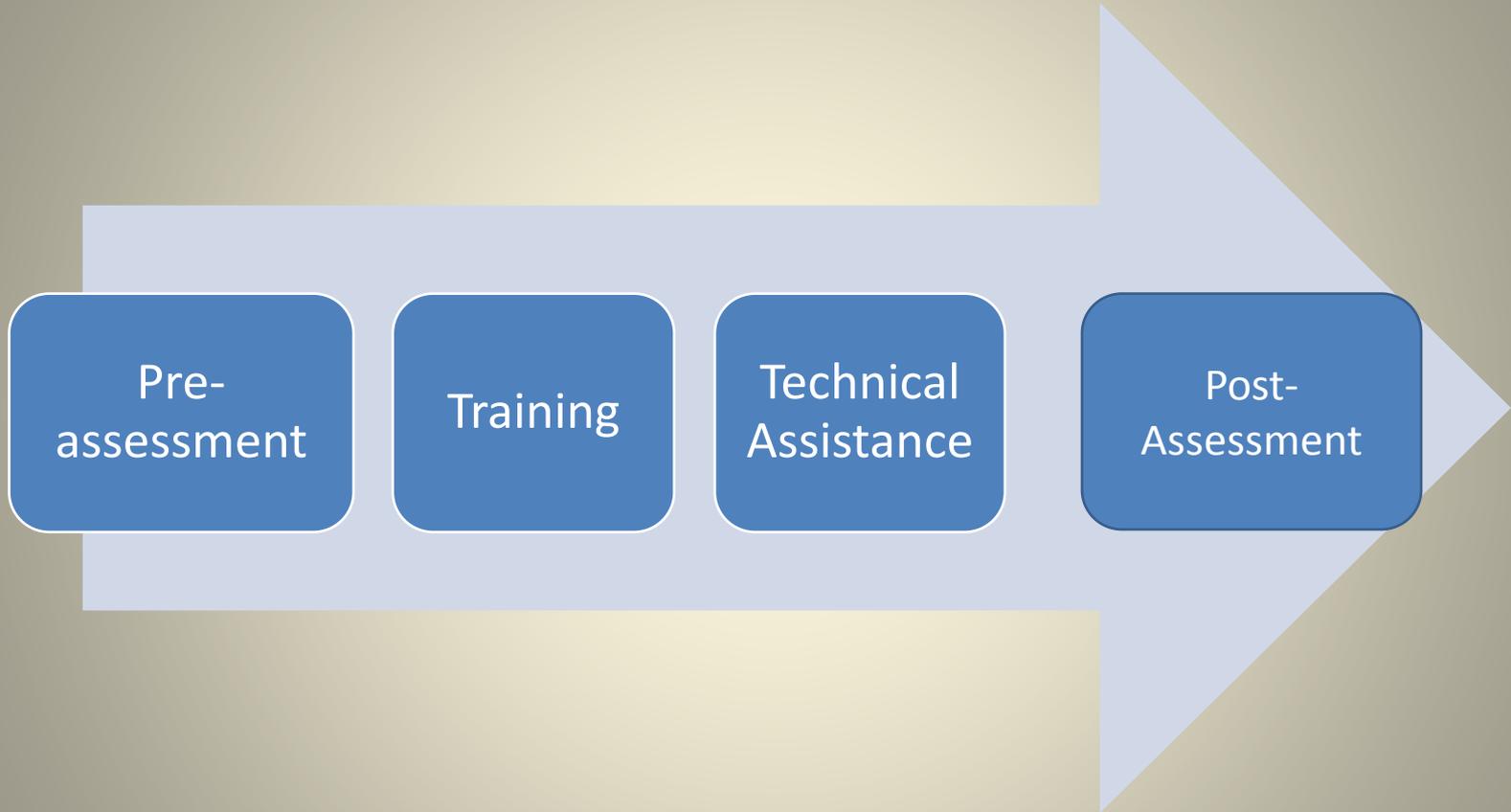
Breastfeeding Best Practices

- Caregivers are well-trained on the benefits of breastfeeding and the supports needed for families to be successful
- A private space is available for breastfeeding or pumping
- Materials and resources are available to families
- There is a written policy that includes current breastfeeding practices
- Breastfeeding policy is communicated to current and prospective families

Breastfeeding Friendly Designation

- Minnesota Department of Health is developing a voluntary “Breastfeeding Friendly” recognition program.
- One of the requirements is to complete training

Breastfeeding Support Strategy



Pre-
assessment

Training

Technical
Assistance

Post-
Assessment

Recruitment

- Past relationships
- Engagement on process
- Personal invitation
- Email and telephone follow-up
- Letters

Issues to Consider

- Not all providers have internet access
- Free training alone is not enough
- Workshop times should fit needs of providers
- Personal relationship helps drive commitment
- The Breastfeeding Friendly Child Care Recognition generated much interest

Maximizing Success

- Explaining the entire program prior to registration
- Online pre-assessment required for registration
- Assessment report at beginning of workshop
- Flexibility in time allotment given to concerns/questions expressed at beginning
- Dedicated more time to discussion and answering questions

Assessment

BREASTFEEDING PRACTICES					
10	Infant caregivers/teachers have received training on promoting and supporting breastfeeding, including the benefits of breastfeeding and proper labeling, storage and handling of breast milk:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some infant caregivers have received training, but not in the last 3 years	<input type="checkbox"/> All infant caregivers have received training, but it is not current (in the last 3 years)	<input type="checkbox"/> All infant caregivers receive training (or a refresher) on a regular basis, at least every 3 years
11	A quiet, comfortable and private place (other than a bathroom) is available for mothers to breastfeed or pump:	<input type="checkbox"/> A space is not available	<input type="checkbox"/> A space is available but is not private	<input type="checkbox"/> Is available when requested, but not offered	<input type="checkbox"/> Is available and its location is marked or otherwise made known to families
12	Educational materials and information about breastfeeding resources are available for families:	<input type="checkbox"/> Materials do not exist	<input type="checkbox"/> Materials exist, but are only made available when asked	<input type="checkbox"/> All enrolled families with infants or who are expecting a baby are made aware of these resources	<input type="checkbox"/> All enrolled and prospective families are made aware of these resources
13	There is a written policy that includes current breastfeeding practices:	<input type="checkbox"/> No written policy exists	<input type="checkbox"/> A breastfeeding policy is being drafted	<input type="checkbox"/> Written policy exists, but does not reflect current practices	<input type="checkbox"/> Written policy reflects current practices
14	Breastfeeding policy is communicated to current and prospective families:	<input type="checkbox"/> No written policy; practices are not communicated to parents	<input type="checkbox"/> No written policy; practices are generally communicated to parents verbally	<input type="checkbox"/> Written policy exists; is provided to parents only in written form	<input type="checkbox"/> Written policy exists; is generally communicated to parents both in writing and verbally

Breastfeeding Support Report

Key Area	Best Practices
<p style="text-align: center;">Education</p> 	<p>Infant caregivers/teachers have received training on promoting and supporting breastfeeding including the benefits of breastfeeding and proper labeling, storage and handling of breast milk.</p> <p>③ All infant caregivers have received training, but it is not current (in the last 3 years)</p>
<p style="text-align: center;">Environment</p> 	<p>A quiet, comfortable and private place, (other than a bathroom) is available for mothers to breastfeed or pump breast milk</p> <p>③ Is available when requested, but not offered</p>
<p style="text-align: center;">Support</p> 	<p>Educational materials and information about breastfeeding resources are available for families.</p> <p>① Materials do not exist</p>
<p style="text-align: center;">Policy</p> 	<p>There is a written policy that includes current breastfeeding practices.</p> <p>① No written policy exists</p>
<p style="text-align: center;">Policy Communication</p> 	<p>Breastfeeding policy is communicated to current and prospective families</p> <p>② No written policy; practices are generally communicated to parents verbally</p>

Concerns and Questions from Providers

Bottle-feeding

Feeding practices

Formula

Encouraging Breastfeeding

Safe handling

Allergies

Transition to child care

Other concerns

Concerns

- CDC Recommendations vs. Hennepin County Infectious Disease in Child Care Settings and Schools Manual (2008)
 - CDC does not list Breast Milk as a body fluid requiring special handling precautions
 - Hennepin County does list Breast Milk as a body fluid and recommends:
 - wearing gloves if any cracked skin,
 - washing immediately if BM is spilled on skin, and
 - using gloves to clean up spilled breast milk.

Workshop Evaluation

How important do you feel it is to support families choosing to breastfeed?

All respondents answered “Extremely important” or “Very Important”

After attending the training, on a scale of 1-5, circle the number best representing how prepared you feel to: (1 being not at all prepared and 5 being very prepared)

Identify the benefits of breastfeeding and the importance of exclusive breastfeeding **4.6**

Describe the guidelines for safe handling and storage of expressed breast milk **4.2**

Recognize child hunger and satiety cues **4.7**

Follow recommended bottle feeding practices for breastfed babies **4.2**

Determine strategies for supporting breastfeeding families **4.2**

Provide breastfeeding resources for child care staff and breastfeeding families **3.9**

Follow-up

- Range of progress as follow-up calls begin
 - Completed action plan to director was unaware
- Education materials are being used
- Lactation rooms are being set up
- Two directors commented on the discrepancy between licensing and the information in the workshop:
 - will not do anything until the information from her consultant changes
 - will write a policy but will follow licensing guidelines