

Supporting Breastfeeding in Child Care

Report Form

Notes/Key Points:

Breastfeeding not addressed in child care licensing

Child and Adult Care Food Program (CACFP), housed at Minnesota Dept of Education.

- All licensed child care programs in MN (homes and centers) required to follow CACFP food patterns and portion sizes, but this isn't monitored unless they are actually on the food program (it's voluntary).
- Several brought up centers requiring mothers to bring in more breast milk than their babies consume, hard for them to pump enough
- Whose rule? Probably the centers' policy so they wouldn't run out. Possible waste if baby doesn't finish bottle; try dividing milk into smaller (2oz?) portions. Also freeze in ice cube trays (designed for breastmilk)-easy to use just what is needed and no expense for plastic bags
- Information about current online courses on supporting BF in child care programs: see info in folder and at www.eagertolearn.org

Planning future recognition program for BF-friendly child care programs

- Existing ones in other states aimed at centers, not homes where most infants are cared for. Send ideas for program name to Joyce (joyce.omeara@state.mn.us)
- Idea that would apply to moms who pump=mom's milk friendly child care.
- Recognition will be based on completing steps (probably use a version of WI's 10 steps for centers, need different set for family child care) including training
- Kristy (Sherburne Co SHIP) has created a version for home-based caregivers; may use this as basis
- Parents need to be given permission to ask prospective child care providers about their attitudes, practices, and policies on breastfeeding. Tip sheets may help
- Kristy has also developed assessments (pre and post tests) for child care providers which she passed around.

Breast milk is considered a food, not a bodily fluid or hazardous substance, by the CDC, OSHA, WHO and Red Cross. Therefore, no need for universal precautions (gloves, etc)

Links/Resources:

CACFP: education.state.mn.us/MDE/SchSup/FNS/CACFPcenter/Index.html

BF tip sheets for child care providers and parents (on MBC website)

MN Dept of Health, BF info and resources:

www.health.state.mn.us/divs/hpcd/chp/cdr/earlychildhood/infamilies/infamiliesneedknownutrition.html

(or search our site for “breastfeeding early childhood”)

For questions, other info, links to sample guidelines, policies or Wisconsin’s 10 steps program, contact Joyce O’Meara at 651-201-3546 or joyce.omeara@state.mn.us

Position statements from major health organizations (attached)