BREASTFEEDING AND CHILDHOOD OBESITY PREVENTION
SUPPORTING WELLNESS POLICY DEVELOPMENT & IMPLEMENTATION
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WIC
POLICY, SYSTEMS, & ENVIRONMENTAL CHANGES TO SUPPORT BREASTFEEDING IN EARLY CHILDHOOD SETTINGS

OBJECTIVES:

✓ State at least 6 reasons why breastfeeding is important to the infant, to the mother, to the family, to the child care provider, to the employer, and to society

✓ Explain the probable link between exclusive & extended breastfeeding and decreased risk of childhood obesity

✓ Assist and encourage childcare providers to conduct an assessment for a breastfeeding-friendly site

✓ Assist and encourage childcare providers to write policies that promote & support breastfeeding, lactation accommodation, and infant feeding

✓ Encourage childcare providers to design of sites that welcome breastfeeding for both breastfeeding employees and working mothers
EARLY CHILDHOOD SETTINGS

Childcare Providers of Infants and Toddlers

- Child Development Centers
- Preschools
- Church or Faith-based Settings
- Private Homes
- Colleges/Universities
- Places of Employment
- Others
WHY IS IT IMPORTANT TO SUPPORT & PROTECT BREASTFEEDING?

**RISKS of Breast Milk:**
None

**RISKS of Not Breastfeeding**
- Diarrhea & GI infections
- Ear infections
- Respiratory infections
- SIDS
- Obesity
- Diabetes
- Asthma
- Food allergies
- Childhood cancers

Human milk completes the development of the human infant, especially the gut and brain. Human milk provides the infant a passive immune system as long as breastfeeding continues and while the infant’s own immune system develops.
HOW IS BREASTFEEDING RELATED TO CHILDHOOD OBESITY?

Studies suggest a link between breastfeeding and lower obesity risk that may exist.

Studies are inconclusive (don’t show causality) as to why, but it likely has to do with:

- Better self-regulation of energy intake in eating by breast-fed baby allows proper development of hunger/satiety signals and may prevent some of the behaviors that lead to overweight and obesity
- Microscopic properties of human milk regulate metabolism and reduce risk of obesity

In summary, as few as two months of exclusive breastfeeding, directly or by expressed milk, showed decreased obesity risk in this study (*Pediatrics*, January 2015.)
HOW IS BREASTFEEDING RELATED TO CHILDHOOD OBESITY?

Exclusivity and duration matter!!

**Gold Standard:**

Exclusive breastfeeding for 6 months, with the gradual introduction of solid foods after 6 months, and the continuation of breastfeeding for at least the first year of life.
WHAT TO DO NEXT?

Support and encourage early childcare providers to write policies for:

• Supporting and promoting breastfeeding in early child care settings (policy #1)
• Lactation accommodation for mothers of infants in child care and for employees of child care settings and their breastfeeding babies (policy #2)
• Infant feeding plans to be carried out by child care providers (policy #3)
EXAMPLE FOR POLICY #1

Support and encourage early childcare providers to promote breastfeeding:

Regular communication to staff and families--

- Provide all potential/active families and employees with written policy for promoting and supporting breastfeeding
- Provide culturally appropriate educational materials on breastfeeding, and on risks/benefits of different feeding options
- Train staff on risks/benefits of different infant feeding options
- Train staff in breastfeeding protection, promotion, and support—including support of exclusive breastfeeding
- Invite breastfeeding mothers to come to the center to nurse their babies while under your care
- Regularly refer families to community breastfeeding resources
- Track community referrals and follow up with families as necessary

Trainer Tip:

These are actions for the childcare provider to take, not for SNAP-Ed staff to do for them.
EXAMPLE FOR POLICY #1

Support and encourage early childcare providers to promote breastfeeding:

Provide a breastfeeding-friendly environment that—

• Displays culturally appropriate educational materials on breastfeeding, and on risks/benefits of different feeding options

• Provides toys and books that illustrate nursing animals and babies, for children of all ages

• Displays posters with information about breastfeeding, with photos appropriate for families served

• Provides a clean and comfortable place for mothers to sit and nurse their babies, or pump their milk if desired

Trainer Tip:

These are actions for the childcare provider to take, not for SNAP-Ed staff to do for them.
EXAMPLE FOR POLICY #2

Support and encourage early childcare providers to provide lactation accommodation for both employees and breastfeeding mothers of the families served:

Regular communication to staff and families--
- Lactation accommodation (along with pregnancy/family leave) with potential employee hires and families as well as with current staff and families
- Appropriate breaks for staff so they may express milk and/or nurse their babies as needed

Provide adequate space, other than a bathroom, to express milk--
- Clean and comfortable place for mothers to sit and nurse their babies, or pump their milk if desired
- Sufficient refrigerator and freezer space to accommodate all of breastfeeding families’ and staff’s storage needs

Trainer Tip:
These are actions for the childcare provider to take, not for SNAP-Ed staff to do for them.
EXAMPLE FOR POLICY #3

Support and encourage early childcare providers to have an infant feeding plan for each family that states how the infant/toddler is to be fed:

Regular communication to staff and families--

• Make accessible and update regularly
• Instruct all breastfeeding families on the proper way to store and label human milk for child care use, and assure all milk at center is properly labeled
• Discuss with families how human milk will be handled at child care center
• Train staff on age-appropriate infant feeding practices, including proper storage and handling of human milk

Trainer Tip:

These are actions for the childcare provider to take, not for SNAP-Ed staff to do for them.
EXAMPLE FOR POLICY #3

Support and encourage early childcare providers to have an infant feeding plan for each family that states how the infant/toddler is to be fed:

Regular communication to staff and families—

• Train staff on recognizing hunger cues and feeding in response to these cues
• Teach both staff and families to respond to infants’ hunger cues rather than feeding on a schedule, and encourage parents to feed this way at home
• Encourage parents to introduce solid foods at a developmentally appropriate time
• Explicitly include breastfeeding support in all feeding plans, as part of the standard form

Providing sufficient refrigerator and freezer space for all breastfeeding families’ storage needs

Trainer Tip:
These are actions for the childcare provider to take, not for SNAP-Ed staff to do for them.
Caring for Our Children: National Health and Safety Standards, 3rd Edition

United States Breastfeeding Committee

International Lactation Consultant Association

Carolina Global Breastfeeding Institute

San Diego County Breastfeeding Coalition

American Institute of Architects
BIBLIOGRAPHY AND RESOURCES

UC San Diego Extension
LACTATION EDUCATION PROGRAMS

This program prepares health professionals and other interested individuals to become lactation educators. It furnishes the basic information necessary to promote breastfeeding and to interact in the breastfeeding situation by assisting and encouraging the breastfeeding triad of mother, baby, and support person. Topics include basic anatomy and physiology of lactation, early attachment of the baby, hospital care, support during the postpartum stage, common concerns and solutions, and appliances and apparatuses used in breastfeeding. The Lactation Educator and the Lactation Educator Counselor are the same course. This 45 hour program meets the prerequisite requirement for the INMAK accredited Lactation Consultant training program. At completion of the course students are “Certified Lactation Educator Counselors.”

Need CLEC Refresher Training?
(Certified Lactation Educator - Delivered)

10 hour re-certification training for Lactation Educator Counselors. A periodic update of education essential for best practice and required by several certification agencies including the American Board of Breastfeeding Medicine. This course will update the CLEC certificate terms of an additional 5 years.

Course Fee: $225.00
Visit extension.ucsd.edu for more information

TO ENROLL:
On the web: extension.ucsd.edu
By Phone: (858) 534-5800

For more information:
Email: ucshelp@ucsd.edu or call: (858) 534-5262

Visit the program website at www.breastfeeding-education.com

Certified Lactation Educator (CLE) Training

CLE Training Program

Become a Certified Lactation Educator with the world’s largest childbirth education organization, INMAK. This exceptional and affordable training program is designed to support and educate in the field of lactation. You will learn the basics of breastfeeding and how to support your patients in giving the next level of lactation education. You can also be certified by the course. Students who complete the three day training, may enroll in the INMAK Academy and complete the process to become “Certified Lactation Educator.”

“Christy Jo was a great instructor and her knowledge and enthusiasm kept me engaged the entire time. The visual and hands-on teaching was very conducive to my learning style...Christy Jo will be a great resource for me in the future, both with my career and personally.”

CLE Faculty
Christy Jo Hendrick, RNC, NLC, CLE, GSEONM, has over 17 years teaching experience as a nurse, lactation consultant, and health educator for the Department of Public Health. Her passion for lactation education makes for training both fun and informative.

CLE Skills & Counseling Confidence

This course is perfectly suited for anyone who works with pregnant or postpartum women. The concepts and skills taught will benefit anyone in the field of breastfeeding education. The CLE Course is regularly attended by:

- Birth & Postpartum Doula
- Midwives
- Labor & Delivery Nurses
- NICU Nurse Clinicians & Nurses
- Pediatric Clinicians & Nurses
- Family Medicine Clinicians
- Family Physicians
- Public Health Employees
- NGO Nurses

Build Lactation Skills & Counseling Confidence:

Select a link to view:
[Online Description]
[Online Resource]
[Online Book]

2015 Schedule

Barrera, CA
March 21-22, 2015

Lake Arrow, AL
February 13-14, 2015

Macon, GA
March 25-26, 2015

LaJolla, CA
March 25-27, 2015

Johny, CA
April 8-9, 2015

Largo, FL
April 21-22, 2015

Lexington, KY
May 14-15, 2015

Check the website for more dates and locations.
Free: 5455 Early Bird Rate
$945 Regular Rate
Tweets: @INMAKCEO
Website: INMAK.org

The training is available for instructing. If interested, please contact us at info@extension.ucsd.edu.