Building Blocks to Breastfeeding-Friendly Child Care

- **Create a breastfeeding-friendly environment.**
  - Breastfeeding mothers are encouraged to breastfeed onsite.
  - Families and employees are provided a non-restroom space to breastfeed.

- **Provide employee training to support breastfeeding.**
  - Train all employees on breastfeeding-friendly practices.
  - Trainings include: benefits of breastfeeding, handling and storing breast milk, creating a breastfeeding supportive environment, policy/procedure development and implementation, and parent engagement and support.

- **Implement proper storage, handling and feeding of breast milk.**
  - Provide refrigerator and freezer space for storage of breast milk.
  - Breastfeeding families are instructed on how to properly label and store breast milk.
  - An individual feeding plan exists for every infant under 18 months.

- **Adopt written policies supporting breastfeeding families and employees.**
  - A written policy exists and is communicated for supporting breastfeeding families and employees.
  - Breastfeeding employees are given appropriate break time to pump or breastfeed.

- **Offer breastfeeding resources for families and employees.**
  - Breastfeeding resources are available for families.
  - Breastfeeding resources are available for employees.

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