

5 Resources

Offer Breastfeeding Resources for Families and Employees

Breastfeeding resources are available for families.

Often families will go to their childcare provider for advice or information. This is also true for breastfeeding.

Offer childcare providers several types of breastfeeding resources or referrals to provide to families. Remember: for a childcare provider to be breastfeeding-friendly, they do not need to be a breastfeeding expert. Providing resources to families is a great way to offer support.

Review the resources for [breastfeeding families and employees](#). Request print materials and additional resources through the local breastfeeding coalition, WIC office, healthcare providers, or health department. Encourage childcare providers to offer resources or referrals on the following topics:

- Pumping
- Going Back to Work or School and Breastfeeding
- Mental Health Services
- Feeding the Breastfed Baby
- Employment Rights of Parents

Breastfeeding resources are available for employees.

Instruct childcare providers to offer the same resources families receive, and provide some tailored towards the workplace. Direct employees to information specifically focused on parents' legal rights around family leave time or lactation accommodation. [Legal Aid at Work](#) is a great website to ensure employees are being supported in the best way.

OFFERING RESOURCES

- **Make family resources available.** Ask childcare providers to communicate to families the availability of breastfeeding resources. If referrals are provided, let families know.
- **Make resources accessible.** Offer resources in several languages. If space permits, display resources near a family board or area. Families can take resources at their leisure.
- **Provide resources with family packets.** Include breastfeeding resources with contracts or enrollment packets.

PROVIDING ACCESSIBLE TECHNOLOGY

It is important to remember that not all childcare providers have access to or are comfortable with online or electronic resources. Ask providers about their preferred methods of communication. If they prefer electronic materials, note if they have access to platforms such as Microsoft Office or Adobe Reader. BFSDD found that many childcare providers preferred print resources or materials shared in Google Drive.

Publicly Available Breastfeeding Resources

Below are the resources Breastfeeding-Friendly San Diego (BFSD) provided to childcare providers to distribute to families. These resources are taken from organizations including Women, Infants, and Children (WIC), San Diego County Breastfeeding Coalition (SDCBC), Noodle Soup, and the California Work and Family Coalition. All resources are available in English and Spanish.

Breastfeeding A Magical Bond of Love (WIC)

- [Breastfeeding A Magical Bond of Love \(English\)](#)
- [Breastfeeding A magical Bond of Love \(Spanish\)](#)

Breastfeeding and Returning to Work or School (WIC)

- [Breastfeeding and Returning to Work or School \(English\)](#)
- [Breastfeeding and Returning to Work or School \(Spanish\)](#)

Community Breastfeeding Resources (SDCBC)

- [Community Breastfeeding Resources \(English\)](#)
- [Community Breastfeeding Resources \(Spanish\)](#)

San Diego WIC programs

- [San Diego WIC program \(English\)](#)
- [San Diego WIC program \(Spanish\)](#)

California Six Key Laws for Parents

- [Six Key Laws for Parents \(English\)](#)
- [Six Key Laws for Parents \(Spanish\)](#)

Noodle Soup Resources*

- [Pumping Primer](#)
- [Dad Can Help In So Many Ways](#)
- [Working and Breastfeeding](#)

* = for purchase