



10 Ways to Create and Promote a Breastfeeding Friendly Environment in Your Center

1. Encourage breastfeeding mothers to continue to breastfeed when they return to work or school:
 - ✓ Tell them about the benefits of breastfeeding and that you and your center support breastfeeding;
 - ✓ Respect parents' wishes to feed their infant breastmilk and do not feed the infant formula;
 - ✓ [Promote your child care center as breastfeeding friendly!](#)
2. If a mother chooses to breastfeed her infant while she is at your center, offer her a:
 - ✓ Quiet, comfortable and private place to breastfeed;
 - ✓ Place to wash her hands;
 - ✓ Glass or bottle of water to provide her with the fluids she needs while breastfeeding.
3. Encourage parents to try putting breastmilk into a bottle and bottle feeding their infant before coming to your center. It is recommended to practice giving one bottle a day at least 2 weeks before an infant starts coming to child care. Practice time with a bottle can start after the mother's milk supply and the infant's feeding schedule is well established. This is usually around 4 to 6 weeks.
4. Check with the infant's parents to see if they would like you to try and time feedings so he/she is hungry when the parent picks the infant up from child care.
5. Communicate with the parent about how and what his/her infant did for the day. For example, write down how much and when he/she ate and how many wet and dirty diapers he/she had during the day.
6. Train all center staff to be supportive of breastfeeding. Provide breastfeeding information through newsletters and bulletin boards.

7. Promote breastmilk as the only food offered until the infant is 6 months of age unless otherwise directed by a health professional.
8. Avoid the use of pacifiers among infants who are breastfeeding and only use if asked for by their parents.
9. Work with health centers, community agencies and/or lactation consultants on activities and trainings related to breastfeeding/infant nutrition.
10. Safely store breastmilk at your center whether it is in the refrigerator or freezer.