

10 Steps to Breastfeeding Friendly Child Care Centers

Step 1: Designate an individual or group who is responsible for development and implementation of the 10 Steps.

Step 2: Establish a supportive breastfeeding policy and require that all staff are aware of and follow the policy.

Step 3: Establish a supportive worksite policy for staff members who are breastfeeding.

Step 4: Train all staff so that they are able to carry out breastfeeding promotion and support activities.

Step 5: Create a culturally appropriate breastfeeding friendly environment.

Step 6: Inform expectant and new families and visitors about your program's breastfeeding friendly policies.

Step 7: Stimulate participatory learning experiences with the children related to breastfeeding.

Step 8: Provide a comfortable place for people to breastfeed or pump their milk in privacy, if desired. Educate families and staff that a parent may breastfeed their child wherever they have a legal right to be.

Step 9: Establish and maintain connections with your local breastfeeding coalition or other community resources.

Step 10: Maintain an updated resource file of community breastfeeding services and resources in an accessible area for families.