

## Sample Child Care Program Breastfeeding Policy

Human milk is the ideal form of infant nutrition, providing a multitude of benefits to both the infant and lactating parent. Breastfeeding families and employees need ongoing support from child care programs to provide human milk for their babies. <<Child Care Program Name>> commits to the following:

1. **Respect will be shown to all families regardless of their infant feeding decision.** We will work with each family to develop an infant feeding plan that meets their needs. We will provide breastfeeding information to all families and will support families who choose to provide human milk for as long as they wish to do so.
2. **The program and staff will strive to use inclusive language and images to support all lactating families.** We recognize that not all lactating people use female-gendered pronouns or the term “breastfeeding.” We will use the language preferred by each individual family. We will also ensure that program materials, written information, displayed images, and other communications reflect the families we serve.
3. **Program staff will be trained in breastfeeding support and infant feeding best practices.** Infant feeding plans will be followed to ensure babies are fed only what families approve. All infants will be fed on-demand and according to their level of development. The program will support family preferences related to feeding around pick-up time.
4. **The program will provide information on community resources available to families, including those that provide breastfeeding support.** In addition to the promotion of community services, staff will refer families to local lactation consultants, when appropriate. The program will maintain communications with local resource providers to ensure contact information and service details shared with families are current.
5. **The program will provide a private space for families and staff to breastfeed or express milk.** This space will include, at a minimum, an electrical outlet, a comfortable chair, a small table or counter, and nearby access to running water. Families are welcome to use the space to breastfeed onsite.
6. **A refrigerator will be available for storage of human milk.** Both families and employees can store expressed human milk in the program’s refrigerator(s). Families should provide their own containers, clearly labeled with name and date. The program will follow human milk handling and storage guidelines from the Academy of Breastfeeding Medicine and state licensing regulations.
7. **Program staff will be provided with flexible breaks to accommodate breastfeeding or milk expression needs.** The program will work with each individual employee to utilize normal break times and/or to allow for flexible scheduling to ensure sufficient time for milk expression.
8. **The program will comply with state licensing regulations related to infant feeding and care.**