



New Mexico Breastfeeding Task Force

Sample Breastfeeding Policy for Child Care Centers

The ABC Child Care Center is committed to providing ongoing support to breastfeeding mothers. Well-defined research has documented a multitude of health benefits to both the mother and infant. The ABC Child Care Center subscribes to the following policy:

Mothers are welcomed to breastfeed anywhere in the child care facility.

Breastfeeding mothers, including employees, shall also have access to a private and sanitary place, other than a bathroom, to breastfeed their babies or express milk if they wish. This area has an electric outlet, comfortable chair, and nearby access to running water.

A refrigerator will be made available for storage of expressed breastmilk.

Breastfeeding mothers and employees may store their expressed breastmilk in the refrigerator. Mothers should provide their own containers, clearly labeled with name and date.

Sensitivity will be shown to breastfeeding mothers and their babies

The center is committed to providing ongoing support to breastfeeding mothers, including providing an opportunity to breastfeed their baby at drop off and pick up and holding off giving a bottle, if possible, when mom is due to arrive. Infant formula and solid foods will not be provided unless requested by the mother. All babies, regardless of what they are fed (breastmilk or formula) will be held closely while feeding. Bottles will never be propped in an infant's mouth. Staff will use paced-bottle feeding with all babies.

Staff shall be trained in handling breastmilk.

All center staff will be trained in the proper storage and handling of breastmilk, as well as ways to support breastfeeding mothers. The center will follow human standardized milk storage guidelines from the CDC to avoid waste and prevent food borne illness.

Breastfeeding employees shall be provided flexible break times to accommodate breastfeeding or milk expression.

Breastfeeding employees shall be provided a flexible schedule for breastfeeding or pumping to provide breastmilk for their children. The time allowed would not exceed the normal time allowed to other employees for lunch and breaks. For time above and beyond normal lunch and breaks, sick/annual leave may be used, or the employee can come in earlier or leave later to make up the time.

Breastfeeding promotion information will be displayed.

The center will provide information on breastfeeding, including the names of area resources as requested. In addition, positive promotion of breastfeeding will be on display in the center.