Breastfeeding in
The Child Care Setting:
Breastfeeding Basics

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Collaborators:

Maine Roads to Quality &
The State of Maine Breastfeeding Stakeholder’s Committee
Breastfeeding....I know it’s important, but why?
What does childcare have to do with “it”?
Our Nations Youth
Breastmilk Has More of the Good Things Babies Need

Breastmilk
- Antibodies
- Hormones
- Anti-Viruses
- Anti-Allergies
- Anti-Parasites
- Growth Factors
- Enzymes
- Minerals
- Vitamins
- Fat
- DHA/ARA
- Carbohydrates
- Protein
- Water

Formula
- Minerals
- Vitamins
- Fat
- DHA/ARA
- Carbohydrates
- Protein
- Water

Source: WIC, California Dept. of Health and Human Services
Benefits for Child

- Decreased risk of obesity
- Decreased risk of asthma
- Decreased incidence of insulin and non-insulin dependent diabetes mellitus
- Decreased infant mortality rates by 21%
- Decreased incidence of infectious disease
- Decreased risk of Sudden Infant Death Syndrome (SIDS)

Preventing SIDS
Benefits for Mom

- Costs less than non-natural feeding options
- Decreased postpartum bleeding
- Early return to pre-pregnancy weight
- Decreased risk of breast cancer
- Decreased risk of ovarian cancer
- Possible decrease risk of osteoporosis in postmenopausal period

Benefits to Society

- Decreased annual health care costs
- Decreased tax dollars spent on health care programs
- Decreased parental employee absenteeism and associated loss of family income
- Increased attention to family as a whole due to decreased infant illness

Environmental benefits

“Breastmilk may look white but actually it’s as green as can be.”

Dia L. Michels
Mother Nature Loves Breastmilk
Breastfeeding recommendations

- Exclusive breastfeeding first 6 months
- Continued breastfeeding to 1 year and beyond
Healthy People 2020

- Targets
  - Ever breastfed
  - 6 month duration
  - 12 month duration
  - 3 month exclusive
  - 6 month exclusive

Source: U.S. Department of Health and Human Services; Healthy People 2020
## Healthy People 2020

<table>
<thead>
<tr>
<th>Targets</th>
<th>Current Rates</th>
<th>10 year National Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever breastfed</td>
<td>73.9%</td>
<td>81.9%</td>
</tr>
<tr>
<td>6 month duration</td>
<td>43.4%</td>
<td>60.5%</td>
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<tr>
<td>12 month duration</td>
<td>22.7%</td>
<td>34.1%</td>
</tr>
<tr>
<td>3 month exclusive</td>
<td>33.1%</td>
<td>44.3%</td>
</tr>
<tr>
<td>6 month exclusive</td>
<td>13.6%</td>
<td>23.7%</td>
</tr>
</tbody>
</table>

Source: U.S. Department of Health and Human Services; Healthy People 2020
Births at Baby Friendly Hospitals 2011

Sources: Baby-Friendly facilities: [www.babyfriendlyusa.org](http://www.babyfriendlyusa.org)
Live Births: CDC NCHS 2009 Live Births by State

4/10/12
# CDC Breastfeeding Report Card

<table>
<thead>
<tr>
<th></th>
<th>Percent of live births occurring at Baby Friendly Facilities</th>
<th>Percent of breastfed infants receiving formula before 2 days of age</th>
<th>State child care center regulation supports lactation ***</th>
<th>Number of state health department FTEs** dedicated to breastfeeding</th>
<th>Number of IBCLCs* per 1,000 live births</th>
</tr>
</thead>
<tbody>
<tr>
<td>U.S. National</td>
<td>4.53</td>
<td>24.5</td>
<td>6</td>
<td>125.06</td>
<td>2.67</td>
</tr>
<tr>
<td>Maine</td>
<td>19.41</td>
<td>18.9</td>
<td>Not optimal</td>
<td>1.00</td>
<td>5.64</td>
</tr>
</tbody>
</table>

* IBCLC - International Board Certified Lactation Consultant.
**FTE - Full-Time Equivalent.
***Based on the PCO/CFOC IA1 standard

Source: Breastfeeding Report Card 2011, United States: Process Indicators
Attachment and bonding
Creating healthier children
Let's Move! Child Care
Infant Feeding at Child Care Checklist Quiz
Recommendations for Preschoolers, Infants and Toddlers 05.01.11
Getting started

- Breastfeeding education
- Breastfeeding environment
- Breastfeeding policy
References


References cont.


