Breastfeeding in The Child Care Setting: Creating a Supportive Environment

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Why is it necessary to support breastfeeding in the childcare setting?
Caring for Our Children (CFOC), 3rd ed.
Women in the Workforce

The “good worker” versus the “good mother”
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)

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

Employers benefits

- Average annual savings equal $400 per breastfed baby (lower medical costs with fewer health insurance claims)
- Decreased turnover
- Lower absenteeism
- Productivity improvement
- Increased morale and loyalty to employer
- It's the Law

Breastfeeding friendly workplaces

- Supports a mother in decision to breastfeed upon return to work
- Provides accessible location for pumping
- Provides flexible work schedule

Source: adapted from Texas Department of State Health Services
http://www.dshs.state.tx.us/default.shtm
Maine Labor Law

• For an employee who is a nursing mother, the employer shall for three years after the birth of a child:
  • provide adequate unpaid break time, or permit an employee to use paid break time or meal time each day to express breast milk for her nursing child.
  • make reasonable efforts to provide a clean room or other location, other than a bathroom, where an employee may express breast milk in privacy.
• An employer may be exempted from this section if providing time or an appropriate private space for expressing breast milk would substantially disrupt the employer's operations.
• An employer shall not retaliate or discriminate against an employee who exercises the right provided under this section.

Additional breastfeeding protection in Maine: The Nursing in Public Law

Maine law (5MRSA §4634) provides protection for women who nurse in public. A mother may breastfeed her baby in any location, public or private, where the mother is otherwise authorized to be.

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

Childcare settings

- Develop workplace policy
- Identify a clean, private place with access to electric outlets and a chair.
- Orient employees and parents to the policy
- Offer flexible breaks to nursing staff

Breastfeeding Culture
Breastfeeding Culture

![Books on breastfeeding culture](image-url)
Breastfeeding Culture
Sample Childcare Center
Breastfeeding Policy

1. Breastfeeding mothers shall be provided a place to breastfeed or express their milk.
   - This area provides an electrical outlet, comfortable chair, and nearby access to running water.

Source: Adapted from the Mississippi breastfeeding Coalition’s Building Breastfeeding Friendly Communities project by the Wisconsin Department of health and Family Services in collaboration with the Wisconsin Breastfeeding Coalition Division of Public Health – Nutrition Section; www.dhfs.state.wi.us/WIC
Breastfeeding Policy cont.

2. A refrigerator will be made available for storage of expressed breast milk.

• Breastfeeding mothers and employees may store their expressed milk in the center refrigerator. Mothers should provide their own containers, clearly labeled with the name and date. The center will follow guidelines from the American Academy of Pediatrics and Centers for Disease Control in ensuring that breast milk is properly treated to avoid waste. Universal precautions are not required in handling human milk.

Source: Adapted from the Mississippi breastfeeding Coalition’s Building Breastfeeding Friendly Communities project by the Wisconsin Department of health and Family Services in collaboration with the Wisconsin Breastfeeding Coalition Division of Public Health – Nutrition Section; www.dhfs.state.wi.us/WIC
Breastfeeding Policy cont.

3. Sensitivity will be shown to breastfeeding mothers and their babies.
   - The childcare center is committed to providing ongoing support to breastfeeding mothers, including providing an opportunity to breastfeed their baby in the morning and evening, and holding off giving a bottle, if possible, when mom is due to arrive. Artificial baby milks (formula) and solid foods will not be provided unless the mother has requested. Babies will be held closely when feeding and bottles will never be propped.

Source: Adapted from the Mississippi breastfeeding Coalition’s Building Breastfeeding Friendly Communities project by the Wisconsin Department of health and Family Services in collaboration with the Wisconsin Breastfeeding Coalition Division of Public Health – Nutrition Section; [www.dhfs.state.wi.us/WIC](http://www.dhfs.state.wi.us/WIC)
Breastfeeding Policy cont.

4. Staff shall be trained in handling human milk.

5. Breastfeeding employees shall be provided flexible breaks to accommodate breastfeeding or milk expression.

6. Breastfeeding promotion information will be displayed.


Source: Adapted from the Mississippi breastfeeding Coalition’s Building Breastfeeding Friendly Communities project by the Wisconsin Department of health and Family Services in collaboration with the Wisconsin Breastfeeding Coalition Division of Public Health – Nutrition Section; www.dhfs.state.wi.us/WIC
Breastfeeding Friendly Facility

Source: Wisconsin Nutrition, Physical Activity and Obesity Program
http://dhs.wisconsin.gov/health/physicalactivity
Signage

Source: The International Breastfeeding Symbol
Additional Resources in Maine

- Child Care Health Consultant (CCHC) Network
  Allyson Dean, Maine Roads to Quality
  207-780-5833, adean@usm.maine.edu

- State of Maine Public Health Nursing
  1-877-763-0438

- Maine State Breastfeeding Coalition

- WIC offices

- La Leche League

- Local Hospitals Maternity Units
  Lactation Consultants (IBCLCs)
Getting started

- Breastfeeding education
- Breastfeeding environment
- Breastfeeding policy
Why is it necessary to support breastfeeding in the childcare setting?
References


Mississippi breastfeeding Coalition’s Building Breastfeeding Friendly Communities project by the Wisconsin Department of health and Family Services in collaboration with the Wisconsin Breastfeeding Coalition Division of Public Health – Nutrition Section. Retrieved from www.dhfs.state.wi.us/WIC
References cont.


Texas Department of State Health Services. Retrieved from http://www.dshs.state.tx.us/wichd/bf/childcare.shtm

