Breastfeeding Friendly Childcares

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ME CDC PAN HW Program
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### Maine’s Breastfeeding Report Card

<table>
<thead>
<tr>
<th>Category</th>
<th>Healthy People 2020 targets</th>
<th>Maine 2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever Breastfed</td>
<td>82%</td>
<td>74%</td>
</tr>
<tr>
<td>Breastfeeding at 6 mos</td>
<td>61%</td>
<td>49.2%</td>
</tr>
<tr>
<td>Breastfeeding at 12 months</td>
<td>34%</td>
<td>31.6%</td>
</tr>
<tr>
<td>Exclusive breastfeeding at 3 months</td>
<td>46.2%</td>
<td>38.6%</td>
</tr>
<tr>
<td>Exclusive breastfeeding at 6 months</td>
<td>25.5%</td>
<td>18.5%</td>
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</tbody>
</table>
Let’s Move Infant Feeding Checklist

The goal of Let’s Move for Infant Feeding is to work with parents to
- Provide mothers' pumped breast milk to their babies.
- Accommodate moms who want to nurse.
- Support their infant feeding decisions.

3 Sections of the Checklist
- Environment
- Education
- Policy
Maine Workplaces Support Nursing Moms

In September 2009, Maine’s labor law was amended to include the following:

(a) 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.

(b) 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.

(c) An employer shall not retaliate or discriminate against an employee who exercises the right provided under this section.

What can Employees do if they feel their rights have been violated?

An employee who believes her right to express milk has been violated should contact: The Maine Department of Labor Wage and Hour Division 207-623-7900 or TTY 1-800-794-1110 www.maine.gov/labor

Maine Human Rights Commission 207-624-6050 or TTY 1-888-577-6690 www.state.me.us/mhrc/

An employer who is found to have violated this law through a hearing process must pay a civil penalty of $100-$500 for every violation.

Additional Breastfeeding Protection in Maine; Nursing in Public Law

Maine law (SMRSA §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.

Resources


FMI on working and pumping visit: www.workandpump.com www.llli.org www.kellymom.org

This document is a collaborative effort of The Maine WIC Nutrition Program and The Maine Department of Labor 3/2010
Culturally Appropriate Breastfeeding Support Materials

- Your Guide to Breastfeeding
  Women’s Health
Learning & play materials to normalize breastfeeding, books, etc
Feeding and Health Plan filled out by guardian and provider

SAMPLE: Infant Daily Log 0-6 mos
Child’s Name ____________________________ Date:______
Caregiver’s Name_______________________________
Milk: check one  Breastmilk  ___  Formula ____ type:
  ○ _______oz _____Time ______ oz____ Time ______oz____
     Time
  ○ _______oz _____Time ______ oz____ Time ______oz____
     Time
Water
  ○ _______oz _____Time ______ oz____ Time ______oz____
     Time
Education on safe handling and proper storage of breast milk

Label each container with child’s name, contents, date, and time the breast milk was received.

Refrigerate or freeze promptly.

Use within two weeks, if frozen.

Thaw frozen breast milk by placing container under cool running water.

Use breast milk within 24 hours after thawing.

Warm bottle in warm water.

Throw away breast milk left in a bottle after a feeding.