

Protecting, promoting and supporting breastfeeding is an important part of public health. The Child and Adult Care Food Program (CACFP) in New York State invites you to join a national effort to support breastfeeding moms and babies.

Breastfeeding Friendly Child Care Centers provide active support to breastfeeding families and help mothers to continue breastfeeding when they return to work or school.

If you would like your center to be designated as Breastfeeding Friendly, complete the information below and the self-assessment form. The self-assessment form lists six standards with best practices under each standard. The best practices are provided to help your center meet the standards. Centers that answer **Yes** to all six standards **and** include a copy of the center's breastfeeding policy will be awarded a certificate which designates them as Breastfeeding Friendly on the CACFP web site. The certificate expires three years from the issue date and you will need to complete a renewal form at that time.

Additional information about supporting breastfeeding mothers returning to work or school and Breastfeeding Friendly Child Care in New York State, is available at <http://breastfeedingpartners.org/>. Click on Work & School.

CACFP Agreement # \_\_\_\_\_

Sponsor Name \_\_\_\_\_

Center Name (if different) \_\_\_\_\_

Center Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Number of infants (under 12 months of age) currently in care \_\_\_\_\_

### Contact Information

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## ***Breastfeeding Friendly Self-Assessment***

1. *Our center provides an atmosphere that welcomes breastfeeding families.* Yes\_\_\_ No\_\_\_

- Center staff encourages mothers to visit and breastfeed during the day.
- The orientation to the center includes information on how the center supports breastfeeding.
- Parents are given a copy of the center's breastfeeding policy.
- There is a sign/poster at the entrance or waiting room to let mothers know breastfed babies are welcome and supported. I encourage mothers to visit and breastfeed during the day.
- When meeting with new families, I include information about how I support breastfeeding.
- There is a sign/poster visible to mothers so they know breastfed babies are welcome.

2. *Our center helps mothers to continue breastfeeding their babies when they return to work or school.* Yes\_\_\_ No\_\_\_

- Our center makes a comfortable place available for mothers to nurse their infants before or after work.
- If the center is an Early Head Start, the center complies with the Head Start Performance Standards for breastfeeding support and education, and the storage and handling of breast milk.
- The center ensures that nursing mothers employed by the center receive reasonable breaks each day to express milk, and makes reasonable efforts to provide a room or other location (not a restroom) where an employee can express milk in privacy. \*Required by Section 206-c of NYS Labor Law.

3. *Our center offers accurate written materials on breastfeeding topics.* Yes\_\_\_ No\_\_\_

- Written materials are easy to understand and not produced by formula companies.
- Culturally appropriate breastfeeding materials are included, in the languages of the families served by our center.
- Staff is familiar with written materials that our center offers.
- Staff is familiar with community resources and keeps an up-to-date list of contact information (support groups, WIC Breastfeeding Coordinators, lactation consultants) to refer moms as appropriate.

4. *Our center feeds infants on demand and coordinates feeding times with the mother's normal feeding schedule.* Yes\_\_\_ No\_\_\_

- An infant feeding plan is developed with each family as infants enroll at the center. The plan is updated as the infant moves through the stages of development.
- Breastfed babies do not receive food/drink, other than their mother's breast milk, unless indicated in the feeding plan.
- Infants are fed based on their hunger and fullness cues.
- Refrigerator and freezer space is made available for pumped breast milk which is labeled with the infant's full name and the date it was pumped.
- Mothers are encouraged to provide a small backup supply of frozen breast milk in case the infant needs to eat more often or the pickup time is delayed.

5. *Our center trains all staff so they are able to support breastfeeding families.* Yes\_\_\_ No\_\_\_

- All staff is trained about the benefits of breastfeeding and the preparation, feeding and storage of human milk.
- Staff is trained to recognize and respond to infants' hunger and fullness cues.
- New staff is trained soon after they are hired.

6. *Our center has a written policy that reflects the center's commitment to support breastfeeding.* Yes\_\_\_ No\_\_\_

- The written policy is shared with all staff as they are hired and staff is aware that it is part of their job to help support moms as they continue to breastfeed when they return to work/school.

**Please remember to include a copy of your breastfeeding policy when you submit the self-assessment.** Everyone can help make breastfeeding easier! Thank you for all that you do.

Name of Center Director \_\_\_\_\_

Signature of Center Director \_\_\_\_\_ Date \_\_\_\_\_

\*Section 206-c of New York State Labor Law: Right of Nursing Mothers to Express Breast Milk  
<http://www.labor.ny.gov/workerprotection/laborstandards/pdfs/guidelinesexpressionofbreastmilkfinal.pdf>