

TO: All CACFP Sponsoring Organizations

FROM: Lois Hazelton, Director, Centers Administration Unit
Child and Adult Care Food Program

DATE: June 27, 2012

SUBJECT: Resources for Breastfeeding-Friendly Child Care Programs

Babies were born to be breastfed! The American Academy of Pediatrics recommends exclusive breastfeeding during the first six months of life and continued breastfeeding during the second six months for optimal infant growth and development.

Two of the many benefits of breastfeeding include reduction in the incidence of diabetes and obesity. While 70-80 percent of New York's mothers initially choose to breastfeed their newborns, the rates of exclusive breastfeeding in New York are only 20 percent at three months and 8 percent at 6 months. A sharp drop in breastfeeding rates usually occurs when mothers return to work or school. Lack of family and community support along with a lack of proper accommodations for breastfeeding at work and in public places contribute to this decrease.

The NYS Child and Adult Care Food Program (CACFP) has developed a Breastfeeding-Friendly child care certificate program designed to recognize child care centers and day care homes across New York State that support mothers who have chosen to continue to breastfeed after returning to work or school. CACFP is coordinating its efforts with the State WIC program to share resources to help you assist breastfeeding mothers.

In addition to the benefits of breastfeeding to mothers and babies, centers and day care homes benefit in the following ways:

- Meals containing breast milk are reimbursed by CACFP.
- The Breastfeeding-Friendly designation can be used to market your child care programs in the community.
- Breastfeeding-Friendly programs are listed on the NYS Department of Health CACFP website.
- The WIC program's breastfeeding partners website is an excellent resource for centers and sponsors of day care homes. Order copies of the attached flyer and WIC magazine to assist staff and parents in supporting breastfed infants and their mothers.

To get started on becoming a Breastfeeding-Friendly center, or to assist your sponsored day care homes, visit our website at:

www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon.htm

Please call your CACFP Nutritionist if you have questions about the Breastfeeding-Friendly recognition.

Enclosures:

Breastfeeding-Friendly Publications Order Form (CACFP-188)

Sample Breastfeeding Publications

The following publications are available from the NYSDOH Distribution Center.

Submit Orders to:
 NYSDOH Distribution Center
 21 Simmons Lane
 Menands, NY 12204
 FAX: (518) 465-0432

Date _____

Sponsor Name _____

Sponsor Address _____

Phone (required in case of shipping complications) _____

Item #	Title	# Requested
3898	Bringing Home Baby	
3899	Bringing Home Baby – Spanish	
4346	NYS Laws Support Your Decision to Breastfeed Your Baby	
WW35	Breastfeeding Partners Website Postcard	

NOTE: The Distribution Center is unable to ship orders to PO Boxes.