

SAMPLE BREASTFEEDING POLICY



Because breastfeeding has been shown to be the ideal form of infant nutrition, providing a multitude of health benefits to both infant and mother, and because breastfeeding mothers need ongoing support from child care providers to provide their milk for their babies, (*name of the program*) adheres to the following policy.

- **Breastfeeding mothers shall be provided a private and sanitary place to breastfeed or express their milk.** This area provides (list amenities you are able to provide; e.g. an electrical outlet, comfortable chair, nearby access to running water, etc.).
- **Refrigerator/Freezer space will be made available for storage of expressed breast milk.** Mothers should provide their own containers, clearly labeled with the name and date. (*Name of the program*) 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.
- **Sensitivity will be shown to breastfeeding mothers and their babies** by providing mothers opportunities to breastfeed their baby and holding off giving a bottle to babies, if possible, when mom is due to arrive at the child care program. Artificial baby milks (formula) and solid foods will not be provided without first checking with the mother. Babies will be held closely when feeding and bottles will never be propped.
- **The program owner/director and all employees shall be trained in proper storage and handling of human milk.**
- **This policy will be communicated with all employees, expectant mothers, families, and visitors.** (*Name of the program*) will include information about being breastfeeding-friendly in the information packet provided to prospective families.

Breastfeeding employees of this child care program shall be offered the same provisions as mothers of enrolled children. Employees will be provided flexible breaks to accommodate breastfeeding or milk expression. The time allowed would not exceed the normal time allowed for lunch and breaks. For time above and beyond normal lunch and breaks, sick/annual leave must be used, or the employee can come in a little earlier or leave a little late to make up the time.