Breastfeeding and Human Milk
Resources for Early Care & Education Programs

Support for Early Care & Education Programs

- **Let's Go Toolkit for Early Care and Education Programs**
  This toolkit offers information about the why, how, and what of supporting the breastfeeding families you work with. It includes breast milk storage information, a sample policy, and sample signs to display.

- **Maine State Breastfeeding Coalition**
  The Maine State Breastfeeding Coalition (MSBC) offers resources to employers and worksites to better support their employees who are feeding their children human milk. The MSBC is available for consult on policies and general guidance on supporting breastfeeding families.

- **Carolina Global Breastfeeding Institute (CGBI) Breastfeeding Friendly Childcare resources**
  This resource from the CGBI includes a helpful toolkit, including educational materials, and recommended steps to support breastfeeding families.

- **US Food and Nutrition Services Child and Adult Care Food Program**
  Learn all about how supporting breastfeeding families qualifies early care and education programs for reimbursement through the Child and Adult Care Food Program (CACFP), a federal program that provides reimbursements for nutritious meals and snacks to eligible children and adults who are enrolled for care at participating homes or centers.

- **Caring for Our Children Standards & Guidelines**
  This guide gives information about feeding infants, including why supporting breastfeeding families is so important, as well as information about preparing, feeding, and storing human milk. The CFOC Alignment Tool helps you assess how aligned your center is at following the guidelines.

- **Proper Storage and Preparation of Breast Milk (CDC)**
  The CDC resource explains how long you can store breast milk on the counter, in the refrigerator, and in the freezer. It includes the safest way of handling, storing, and feeding expressed breast milk. They also have colorful printable handouts to give to staff and families and display in your care space.

- **How to Clean, Sanitize, and Store Infant Feeding Items (CDC)**
  The CDC also offers guidance on how to safely clean and store pump equipment and infant feeding items.

- **What to Do if There is a Breast Milk Mix Up (CDC)**
  Despite significant efforts to prevent mix-ups, occasionally, expressed breast milk from a mother is given to another mother's child in error. If a child is mistakenly fed another child's bottle of expressed breast milk this resource provides guidance on how to sensitively minimize fear among both families, and which steps should be taken to appropriately manage the situation in a timely manner.

- Maine's Labor Law to Support Working Mothers
  This law shares what is required of employers to support employees who are breastfeeding or expressing their breast milk. It reviews specifics to offering appropriate time and space to make breastfeeding in the workplace easier.

- Responsive Feeding (AAP)
  Great resource to learn all about the practice of responsive feeding and how to understand, recognize, and respond to babies' hunger or fullness cues. You can practice responsive feeding when breastfeeding, bottle feeding and when providing solid foods.

- Go NAPSAC
  Go NAPSACC aims to improve the health of young children through practices, policies, and environments that instill habits supporting lifelong health and well-being. They offer modules on key topics like healthy eating (including breastfeeding and infant feeding), physical activity, and oral health. You can also use their Go NAPSAC Infant Feeding Self-Assessment to determine your program's strengths and areas for improvement.

Support for Parents/Families

Local Resources
- Local birthing hospital
- Home Visiting Nurses
- Local WIC Program
- MaineFamilies

Online Resources
- General Breastfeeding Info (Kellymom.com)
- Postpartum Support International
- CDC Breastfeeding Resource
- AAP Parent Education: Breastfeeding

MaineHealth

LET'S GO!

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