

# Breastfeeding-Friendly Action Plan

Your Name: \_\_\_\_\_ Date: \_\_\_\_\_

Child Care Name: \_\_\_\_\_

**Commitment to Breastfeeding Section:** Make a commitment to the importance of breastfeeding, including written policies and procedures and supporting staff's decision to breastfeed.

| Goals  | Actions to Reach Goal  | Persons Involved | Target Date for Completion |
|--|--|------------------|----------------------------|
| <i>Example: Write policy and add to handbook</i> | Go to <a href="http://www.breastfeedcolorado.com">www.breastfeedcolorado.com</a> to download a sample policy | Director         | End of August              |
|  |  |                  |                            |
|  |  |                  |                            |

**Education and Training Section:** Train yourself and staff in the skills needed to support breastfeeding, require continued education updates and provide education to families and visitors.

| Goals  | Actions to Reach Goal  | Persons Involved                   | Target Date for Completion |
|--|--|------------------------------------|----------------------------|
| <i>Example: Train staff on Breastfeeding-Friendly Child Care information</i> | Find training on <a href="http://www.breastfeedcolorado.com">www.breastfeedcolorado.com</a> , set time and date for training | Director/Infant Nursery Supervisor | End of January             |
|  |  |                                    |                            |
|  |  |                                    |                            |

**Breastfeeding-Friendly Environment Section:** Create a culture and environment at your program that is openly supportive of breastfeeding.

| Goals   | Actions to Reach Goal  | Persons Involved            | Target Date for Completion |
|---|--|-----------------------------|----------------------------|
| <i>Example: Create a friendly space for staff and families to nurse or pump breast milk</i> | Get examples for how to create a space from <a href="http://www.breastfeedcolorado.com">www.breastfeedcolorado.com</a> | Director/Assistant Director | End of April               |
|   |  |                             |                            |
|   |  |                             |                            |

**Communication Section:** Build strong relationships and communicate regularly with your staff and families.

| Goals  | Actions to Reach Goal   | Persons Involved | Target Date for Completion |
|--|---|------------------|----------------------------|
| <i>Example: Create a feeding plan template and add to handbook</i> | Get sample, adaptable feeding plans on <a href="http://www.breastfeedcolorado.com">www.breastfeedcolorado.com</a> | Director         | End of October             |
|  |   |                  |                            |
|  |   |                  |                            |