

Breastfeeding-Friendly Child Care Self-Assessment for Family Child Care Home Professionals

Your Name: _____ Date: _____

Child Care Name: _____

The following sections describe ways child care professionals can provide the best support for breastfeeding families. Below each section are specific actions and recommended practices.

Use this assessment to understand your current practices, to track changes in your program and as a training tool to help your program improve its breastfeeding support.

Please read each Practice below and check the box that best reflects the practices most often used in your program currently. To be considered Breastfeeding-Friendly, all checks should be in either the “Breastfeeding-Friendly” or “Breastfeeding Advocate” columns.

Commitment to Breastfeeding Section

Make a commitment to the importance of breastfeeding, including written policies and procedures and supporting employee’s (if applicable) decision to breastfeed.

Practice	Progressing	Breastfeeding-Friendly	Breastfeeding Advocate
A clear written policy supporting breastfeeding families (and employees, if applicable - must guarantee employees have adequate time and space to breastfeed or pump) - See sample policy	<input type="checkbox"/> Exists informally, or is written but not regularly shared with families	<input type="checkbox"/> Is written, easily available and regularly communicated to families (including potential families) and visitors	<input type="checkbox"/> Is written, easily available, regularly communicated to <i>all</i> families and visitors, <i>and</i> is printed and actively discussed on tours
Families receive accurate printed materials and information about breastfeeding	<input type="checkbox"/> Are not available at my program or are available upon request only	<input type="checkbox"/> Are easily available at my program	<input type="checkbox"/> Are actively distributed to <i>all</i> families and visitors
Exclusively breastfed babies are fed only breast milk during the first 6 months, meaning no formula, water or solid foods are fed, without prior permission from the family	<input type="checkbox"/> Sometimes, but not all the time	<input type="checkbox"/> Always	<input type="checkbox"/> Always <i>and</i> information is provided to all families about waiting until 6 months to feed solid foods (AAP recommendation)
If applicable: breastfeeding employees are given appropriate breaks to pump breast milk and/or nurse their children, as needed	<input type="checkbox"/> Sometimes, if they ask	<input type="checkbox"/> Always	<input type="checkbox"/> Always <i>and</i> are encouraged to bring their children to work or enroll their children in the program

Education and Training Section

Train yourself in the skills needed to support breastfeeding, pursue continued education at least once a year and provide education to families and visitors. Train employees if applicable.

Practice	Progressing	Breastfeeding-Friendly	Breastfeeding Advocate
Receive training on breastfeeding, including the health benefits, importance of exclusive breastfeeding and supportive practices	<input type="checkbox"/> Only one time	<input type="checkbox"/> Once each year, if providing care to babies	<input type="checkbox"/> <i>At least</i> once each year - pursue additional training more than one time each year*
Receive training on safe handling and storage of breast milk	<input type="checkbox"/> Only one time	<input type="checkbox"/> Once each year, if providing care to babies	<input type="checkbox"/> <i>At least</i> once each year - pursue additional training more than one time each year*
Receive training on age-appropriate feeding practices, including recognizing baby hunger cues and feeding in response to cues	<input type="checkbox"/> Only one time	<input type="checkbox"/> Once each year, if providing care to babies	<input type="checkbox"/> <i>At least</i> once each year - pursue additional training more than one time each year*

*For training ideas/options visit www.breastfeedcolorado.com under the Child Care tab.

Breastfeeding-Friendly Environment Section

Create a culture and environment at your program that is openly supportive of breastfeeding.

Practices	Progressing	Breastfeeding-Friendly	Breastfeeding Advocate
A clean, designated area, (other than a bathroom,) for families and visitors to nurse and/or express breast milk	<input type="checkbox"/> Is not available	<input type="checkbox"/> Is always available (not a bathroom), has appropriate seating, is private (shielded from view, free from intrusion) and has access to an electrical outlet	<input type="checkbox"/> Is always available (not a bathroom), has appropriate seating, is private (shielded from view, is free from intrusion), has an electrical outlet <i>and</i> has education materials and resources
Breastfeeding families are encouraged to come and nurse or feed their children onsite	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Always, including a written invitation in materials provided by my program	<input type="checkbox"/> Always, including a written invitation in materials provided by my program <i>and</i> resources of local breastfeeding support groups
Adequate refrigerator and freezer space for the storage of breast milk	<input type="checkbox"/> Is not available onsite	<input type="checkbox"/> Is always available onsite	<input type="checkbox"/> Is always available onsite <i>and</i> a deep freezer also is available
Materials and posters (optional) that contain information about breastfeeding and photos of breastfeeding children and animals*	<input type="checkbox"/> Are not available or posted	<input type="checkbox"/> Are available and formula and formula marketing materials are hidden from view	<input type="checkbox"/> Are available, posters are displayed, formula and formula marketing materials are hidden from view <i>and</i> my program has not received anything free from formula companies
Toys and books that show breastfeeding children and nursing animals	<input type="checkbox"/> Are not available	<input type="checkbox"/> Are available to most of the children in my program	<input type="checkbox"/> Are available to <i>all</i> of the children in my program

*For posters visit www.breastfeedcolorado.com under the Child Care tab.

Communication Section

Build strong relationships and communicate regularly with your families.

Practices	Progressing	Breastfeeding-Friendly	Breastfeeding Advocate
A written feeding plan for each child under 15 months	<input type="checkbox"/> Does not exist or is not regularly updated or communicated with families	<input type="checkbox"/> Is written, accessible, communicated with families, and updated at least every three months	<input type="checkbox"/> Is written, accessible, communicated with families, and updated at least <i>every</i> month
Feeding in response to a child's feeding cues	<input type="checkbox"/> Is not practiced in my program or is not discussed with families	<input type="checkbox"/> Is practiced in my program and discussed with all families	<input type="checkbox"/> Is practiced in my program, discussed with all families, <i>and</i> written materials are provided
Breastfed children are not fed in the last 1 to 1.5 hours before scheduled pick up time	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Always, with regular communication and coordination of family schedules	<input type="checkbox"/> Always, with regular communication and coordination of family schedules, <i>and</i> encouragement of families to feed onsite
Instructions on how to properly label, handle and store breast milk for use in the child care program is provided to families	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Regularly as needed, informally or in writing, all breast milk is properly labeled	<input type="checkbox"/> Regularly as needed, as written guidelines, all breast milk is properly labeled, <i>and</i> additional storage and pumping information is regularly provided
Handouts and other educational materials that promote exclusive and any breastfeeding	<input type="checkbox"/> Are not available, or are not readily available	<input type="checkbox"/> Are regularly available	<input type="checkbox"/> Are regularly available, displayed <i>and</i> actively distributed or discussed with families
Breastfeeding supportive practices on program marketing or advertising materials for the public	<input type="checkbox"/> Are not included	<input type="checkbox"/> Are available in printed information and on the program's website and/or social media	<input type="checkbox"/> Are available in printed information, on the program's website and social media, <i>and</i> are actively promoted as an advertising message

Resources Section

Refer families to local breastfeeding resources, services and skilled breastfeeding support.

Practices	Progressing	Breastfeeding-Friendly	Breastfeeding Advocate
A list of community breastfeeding resources and referrals	<input type="checkbox"/> Exists but is not easily accessible to families	<input type="checkbox"/> Is comprehensive, up-to-date and easily accessible to families	<input type="checkbox"/> Is comprehensive, up-to-date, easily accessible to families <i>and</i> actively shared
I make referrals to community breastfeeding resources	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Actively and <i>often</i>