



Colorado Child Care Center and Family Child Care Home Breastfeeding Standards and Best Practices Guidelines



Supportive Environment: <i>provides a welcoming atmosphere that encourages mothers to initiate and continue breastfeeding</i>	Standard	Best Practice	Comments
1. Conducts breastfeeding-friendly environment assessment, including monitoring center staff interactions with families regarding infant feeding decisions and breastfeeding support		X	
2. Has a written policy for promoting and supporting breastfeeding and designates staff responsible for developing, implementing, and updating the policy. Policy is provided to all potential families and is included in parent policy manual/handbook		X	
3. Includes breastfeeding support measurements in staff evaluation (e.g., breast milk provided based on infant hunger cues)		X	
4. Provides information to parents on the risks and benefits of different infant feeding choices, the importance of exclusive breastfeeding, following feeding cues rather than scheduled feeding, how to advocate for accommodation in their workplace, offers breastfeeding resources (e.g. websites) and a list of breastfeeding support groups and of local lactation consultants and providers who can answer breastfeeding and human milk feeding questions (such as assistance in locating breast pumps)		X	
5. Invites mothers to nurse their babies at any time and designates a comfortable, clean, and private space for mothers to breastfeed or pump (express) milk		X	
6. Displays posters with information about breastfeeding and photos as appropriate and publicizes (such as through use of window decal or slogan) center's/ home child care's breastfeeding support		X	
7. Supports breastfeeding employees and complies with Colorado and federal lactation accommodation laws	X		
a. Models best practices for workplace breastfeeding support for own employees		X	
8. Provides age-appropriate breastfeeding information (e.g., talking with children about where milk comes from and why it is produced) for children enrolled in the program		X	
9. Stores supplies of infant formula out of public view		X	
a. Excludes use of materials with pictures of infant bottles or those supplied by infant formula manufacturers		X	
10. Mentions breastfeeding first in all written and verbal communication when educating families regarding infant feeding		X	
Initial Contact: <i>informs potential clients on how center is breastfeeding friendly</i>			
1. Tells mothers prenatally and at enrollment the center supports breastfeeding and will feed expressed breast milk		X	
2. Explains to families how center develops a sustainable feeding plan, provides a comfortable place for mothers to nurse their babies, and stores and labels milk		X	
3. Advises breastfeeding mothers to begin feeding infants expressed milk at least two weeks prior to beginning daycare to ensure infants are accustomed to bottle feeding and mothers have a supply of milk as stock.		X	
Feeding and handling milk: <i>prepares families for how human milk is handled</i>			
1. Discusses with all families how expressed milk is handled		X	
2. Directs families to policy on the proper way to label human milk (clearly with child's full name and date collected)		X	
3. Provides written guidelines for parents and staff about collecting, storing and feeding expressed breast milk		X	

4.	Develops a written feeding plan with each new family at center. Feeding plan includes:		X	
a.	Preparing the infant for not at breast feedings (e.g., cup or bottle) prior to coming to childcare		X	
b.	Documenting feeding volume, numbers wet and soiled diapers		X	
c.	Schedule of when mother plans to be on site to feed her infant or if she wants to feed her infant when she arrives at the end of day		X	
d.	Includes father/partner/family for decision making and support role		X	
5.	Uses bottles of breast milk only for the infant for whom they are intended		X	
6.	Tries not to feed infant during the last 1.5 hours before parent is due to arrive. Defines with parent what to do if parent is late.		X	
7.	Feeds infant/toddler human milk in alternative devices (e.g., cup, spoon) when parents request it		X	
8.	Has consistent child care provider feeding infant as often as possible		X	
a.	Holds infant close, so infant can see provider		X	
9.	Feeds infant expressed breast milk on demand or coordinates feeding according to mother's normal feeding schedule		X	
10.	Encourages all staff wash hands before handling breast milk and any food. Notes: Protective gloves are not necessary when handling expressed breast milk	X		Consumer protection reg. 8-301 (a) staff members shall wash hands before preparing bottles
11.	Prevents spoilage of bottles of breast milk			
a.	Does not allow bottles of breast milk to stand at room temperature and disposes milk not refrigerated for an hour or more	X		
b.	Refrigerates or freezes bottles upon arrival (separate refrigerator not needed)		X	
c.	Uses the oldest milk first (first in, first out)		X	
d.	Does not save milk from a used bottle for use at another feeding	X		
e.	Does not add fresh milk to already frozen milk within a storage container		X	
f.	Does not re-freeze breast milk once it has been thawed. Use within 24 hours		X	
g.	Disposes milk brought to center in a dirty bottle		X	
12.	Thaws frozen human milk by placing in refrigerator or by running under warm tap water, or gently swirling it in a bowl of warm water. Not to exceed 120° F, for no more than 5 minutes immediately before feeding	X		
13.	Does not warm bottles in a microwave oven or crock-pot	X		There are exceptions with crock pots
14.	Places bottles, nipples, etc, in a plastic bag for parents to take home to clean and sanitize		X	
15.	Continues to serve mother's milk as long as mother is able and wishes to provide. Notes: A medical statement is not necessary for the CACFP when breast milk is a substitute for cow's milk in the meal pattern for children over 1 year of age.		X	
16.	Reports accidental feeding of a different mother's milk to both mothers so proper measures can be taken to ensure the safety and health of the infant		X	
Staff Training: ensures staff are fully supportive of breastfeeding families				
1.	Integrates breastfeeding policy and practices into orientation of new staff and review for longer term staff		X	
2.	Learns how staff feel about working with the breastfed infant, affirms feelings and trains staff on evidence-based breastfeeding information the risks and benefits of different infant feeding choices, including support of exclusive breastfeeding, the proper handling and feeding of mother's milk and on practices that support a breastfeeding mother and infant		X	
a.	Ensures each staff member receives at least one hour per year of continuing education on human milk feeding and breastfeeding support		X	
3.	Informs staff on how to deal with questions or concerns raised by visitors or others who may object to seeing a mother breastfeed		X	
4.	Hires staff who support breastfeeding		X	