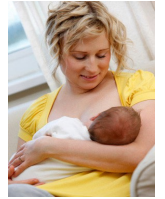


Child Caregiver Breastfeeding Checklist



As you explore child care outside your home, bring this checklist with you. This guide will help you assess a caregiver's support regarding breastfeeding as you decide who will care for your baby. Your child's "caregiver" is anyone who will be caring for your baby: child care centers, home child care, faith-based providers, friends, neighbors and family members.

QUESTIONS TO ASK BEFORE DECIDING WHO WILL CARE FOR YOUR BABY:

These questions are designed to help you identify a caregiver's support regarding breastfeeding. It is important to discuss mutual expectations with potential caregivers, who should respect and follow your baby's feeding practices.

- Do you have a breastfeeding policy in place?
- Do you welcome and encourage mothers and staff to breastfeed their own infants onsite at any time?
- Will you feed my baby when he/she is hungry by recognizing hunger and fullness (feeding cues), rather than on a strict schedule?
- Will my baby be held while being fed?
- Are you willing to hold off feeding right before I pick up my baby so I may breastfeed at home?
- Do you create/make a feeding plan for each infant with information from parents and are these plans adjusted to accommodate baby's needs?
- Will you keep a feeding log with times and amount of feedings and share it with me each day?
- Have all child care staff, volunteers, floaters and substitutes received training and follow proper handling and storing to meet breast milk requirements?

LOOK FOR THESE SIGNS OF AN ENVIRONMENT THAT SUPPORTS BREASTFEEDING:

- Breast milk handling and storing instructions are posted in the kitchen area.
- Breastfeeding space is comfortable, quiet and clean with a nearby outlet for pumping if needed.
- Ample refrigerator space is provided for your milk.
- Caregivers wash their hands before preparing and feeding infants and children.
- Posters & signs create a welcoming place for breastfeeding.



MORE RESOURCES

Supporting Breastfeeding in Child Care Training:

<https://www.carecourses.com/Ecommerce/CourseDetail.aspx?ItemID=381>

CDC Breastfeeding Recommendations and Guidance:

[Breastfeeding Recommendations and Guidance | Breastfeeding | CDC](#)

Office on Women's Health:

<https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work/#3>

Firstcandle.org

First Candle is a 501(c)3 committed to eliminating Sudden Infant Death Syndrome and other sleep-related infant deaths while providing bereavement support for families who have experienced a loss.

American Legion
Child Welfare Foundation

