

Sample Lactation Policy for Child Care Center

Feeding infants human milk by breastfeeding/chestfeeding or feeding expressed milk has been shown to be the best form of infant nutrition. There are many health benefits for both the lactating parent and their infant(s). Lactating parents need ongoing support from child care providers to provide their milk for their babies.

_____ subscribes to the following policy:

(Insert facility name)

1. Lactating parents will be provided with a place to feed their infant or express their milk.

Lactating parents, including employees, will be provided with a private and sanitary place to feed their babies or express milk. This area will have an electrical outlet, comfortable chair, and nearby access to running water.

2. A refrigerator will be made available for storage of expressed milk.

Lactating parents and employees may store their expressed milk in the refrigerator in the child care center. Parents will provide their own containers, labeled with baby's name and date.

3. Sensitivity will be shown to lactating parents and their babies.

The child care center is committed to providing ongoing support to lactating parents, including providing an opportunity to breastfeed/chestfeed their baby in the morning and end of day, and holding off giving a bottle, if possible, when parent is due to arrive. Artificial baby milk (formula) and solid foods will not be provided unless the parent has requested. Babies will be held closely when feeding, using paced-bottle feeding method, and bottles will never be propped.

4. Staff will be trained in handling human milk.

All child care center staff will be trained in the proper storage and handling of human milk, as well as ways to support lactating parents. The center will follow guidelines from the American Academy of Pediatrics and Centers for Disease Control & Prevention in ensuring that human milk is properly treated to avoid waste. Special precautions are *not* required in handling human milk.

Storage and Preparation Guidelines for Human Milk:

- [CDC.gov/breastfeeding/breast-milk-preparation-and-storage/handling-breastmilk.html](https://www.cdc.gov/breastfeeding/breast-milk-preparation-and-storage/handling-breastmilk.html)
- [HealthyChildren.org/English/ages-stages/baby/breastfeeding/pages/Storing-and-Preparing-Expressed-Breast-Milk.aspx](https://www.HealthyChildren.org/English/ages-stages/baby/breastfeeding/pages/Storing-and-Preparing-Expressed-Breast-Milk.aspx) (AAP website for parents)

5. Lactating employees will be provided flexible breaks to accommodate feeding their baby or for milk expression.

Lactating employees will be provided a flexible schedule for feeding their baby or pumping to provide human milk for their infant or child. The time allowed should not exceed the normal time allowed for other employees for lunch and breaks. For time above and beyond normal lunch and breaks, sick/annual leave may be used, or the employee may come in earlier or leave later to make up the time if supervisor approves.

6. Breastfeeding promotion information will be displayed.

The center will provide information on breastfeeding and lactation, including the names of area lactation support resources should questions or challenges arise. In addition, positive promotion of lactation will be on display in the center.