

Store and handle breastmilk safely.

Safe storage of breastmilk:

- Refrigerate or freeze bottles of breastmilk brought from home immediately.
- Assure all bottles of breastmilk are clearly labeled with baby's name and current date.
- Store frozen bottles of breastmilk at 10° F or less in the main body of the freezer for no more than 2 weeks and refrigerated bottles at 40° F for less than 12 hours.



Safe handling of breastmilk:

- Plan ahead. Thaw frozen breastmilk in the refrigerator a day before serving then hold under warm running water or in a water bath at 120° F for less than 5 minutes.
- **Never warm a bottle in the microwave. It heats the bottle unevenly and creates hotspots.**
- Discard the leftover contents of any bottle not consumed within one hour.
- Do not return bottles to the refrigerator.

Create a positive feeding environment.

Discuss a feeding plan with the parents

- Always support the parent's wishes for feeding. Emphasize the importance of feeding on demand.
- Determine just the right amount of pumped breastmilk to provide. Suggest pumping small quantities in more bottles to minimize waste.
- Keep records of baby's feeding pattern.
- Report positive changes and developmental milestones.
- Troubleshoot challenges together.

Hold and talk to baby during feedings

- Recognize that babies develop trust with caregivers during feeding time.
- Give the feeding baby your attention.
- Talk in quiet tones and practice "parent-ese" when feeding.

Recognize and respond appropriately to infant feeding cues

- Know what the baby does when hungry and when full. Respond quickly to feeding cues.
- Allow time for baby to engage, look around and explore the surroundings during a feeding.

Snohomish Health District Mission Statement

To improve the health of individuals, families and communities through disease prevention, health promotion, and protection from environmental threats.

The Child Care Health and Nutrition Consultant offers consultations, presentations, STARS training and mealtime assessments to the child care community. These special services are designed to help child care providers ensure the health and safety of children in out of home care settings.



CHILD CARE HEALTH

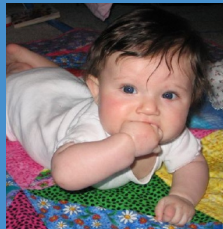
Our Child Care Welcomes

Breastfed Babies
Simple ways to make your child care breastfeeding friendly



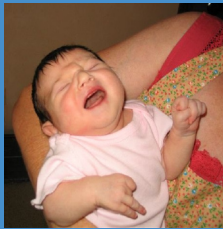
What is baby telling you?

I want to eat



(sucking on fist, rooting)

I really need to eat



(crying)

I am interested in you



(smiling and looking up)

I need a break



(turning away)

I'm done

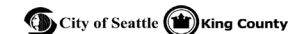


(arching back)



Seattle & King County

HEALTHY PEOPLE. HEALTHY COMMUNITIES.



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PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER
HEALTHIER COMMUNITY

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Why is breastfeeding good for babies?



- Helps protect babies from ear and gastrointestinal infections.
- May help prevent food allergies.
- Breastmilk is easy to digest.
- May help decrease risk of childhood obesity.

Congratulations for making your child care breastfeeding friendly.

Mothers are grateful to find child care that tends to the needs of their nursing babies. There are many easy ways child care providers can make the transition from home to child care easy and stress-free for mother and baby.



Follow these simple guidelines:

- **Provide a welcoming place that encourages mother to breastfeed.**
- **Develop a trusting relationship with the breastfeeding mother.**
- **Ensure all staff receive regular training to best support breastfeeding mothers and babies.**
- **Store and handle breastmilk safely.**
- **Create a positive feeding environment.**



Provide a welcoming place that encourages mothers to breastfeed.

- Provide a private place for pumping.
- Create a comfortable space for nursing;
 - Rocking chair,
 - Pillows against the wall,
 - Clean blankets, and
 - Nursing pillow available.
- Post pictures of women nursing their babies and posters promoting breastfeeding.

Develop a trusting relationship with the breastfeeding mother.

Assist with the “home to child care transition”

- Encourage mother to make visits to the child care before baby’s first day.
- Greet the mother and interact with the baby shortly after they appear at the door.
- Smile and find ways to keep mother relaxed, i.e. compliment her, ask about the baby, take notes if she gives instructions.

Communicate often with mother

- Change in feeding patterns.
- Challenges or concerns.
- Milestones and accomplishments.

Commend breastfeeding mothers for continuing to nurse even after returning to work or school.

- Empathize with the challenges.
- Discuss ways to be helpful.

Ensure staff receives adequate and appropriate training that supports breastfeeding mothers and babies.

Child care providers and staff should:

- Understand the benefits of breastfeeding and be able to share them with parents.
- Promote breastfeeding and talk about ways the child care accommodates breastfed infants.
- Safely handle breastmilk brought into the child care.
- Make appropriate community referrals to parents when necessary.

Healthy Mothers, Healthy Babies Coalition of Washington State
1-800-322-2588 or 206-281-8032
www.hmhbwa.org

Breastpump Information Medela, Inc. 1-800-835-5968



Why is breastfeeding good for mothers?

- Helps get bodies back in shape after pregnancy.
- Saves money.
- Helps mothers feel good about themselves.
- Is more convenient.
- Creates a special bond with your baby.
- May help reduce the risk of developing type 2 diabetes.