



Self-Assessment Tool for Becoming a Designated LFE Child Care

Snohomish County Health Department • Lactation Friendly Environment (LFE)

Purpose of this Assessment Tool:

This self-assessment tool is not an evaluation of your child care, but rather, it is meant to be a teaching tool. By completing the self-assessment form, you will be able to see your strengths as well as the areas that you can focus on for improvement.

Please answer the questions as accurately as you can based on your current practice at your child care. These questions are based on the “**Toolkit: Building Blocks to a Lactation Friendly Child Care**” document and will help to guide you as your facility moves toward becoming a designated Lactation Friendly Feeding Environment Child Care (LFE) Program.

1. **We have a written policy for families and staff showing our commitment to a Lactation Friendly environment.**

- Yes
- No, but we have a verbal policy
- No, but we want to develop one
- No, and we would like support in creating a policy

2. **We provide all enrolled families with a copy of the Lactation Friendly environment policy.**

- *All families should be aware of the policy so that every effort is made to make the child care environment comfortable for everyone.*

- Yes
- No, but we tell them we have a policy available
- No, we have not been sharing the policy with families
- No, and we would like support in how to do this

3. **We educate all staff on the benefits of Breastfeeding and the child care policy that reflects our commitment to being Lactation Friendly**

- *If staff are aware of the policy and the benefits of breastfeeding, they are better able to support the families who are making the decision to offer human milk after they return to work*

- Yes, all staff
- Yes, but only direct-care staff
- No, we are not educating all staff
- No, and we would like support in how to do this



4. We require professional development and ongoing training for all staff caring for children ages 0-3 years old which includes the benefits of human milk, proper storage and handling, infant feeding cues, and the parent-child interaction during feeding.

- *There are continuing education courses that meet the requirements of the toolkit through the University of Washington and the Snohomish County Health Department LMS. If you want to explore other options for CE, contact the coordinator of the LFE program to see if it meets the requirements for the LFE designation.*

- Yes
- No, but it is recommended
- No, we do not require it
- No, and we would like more support in implementing this

5. We have a clean, comfortable space for staff and families to feed, nurse, or to express human milk.

- *A comfortable space for nursing an infant does not need to be private. Ideally, a parent should be able to sit in a chair in the infant or toddler room or another appropriate place in the child care to feed their infant.*
- *For families and staff who want to pump, a private space should be provided. The space should have a chair and a small table near an electrical outlet for the pump and other supplies. This does not need to be a separate room but could be a spot separated by a screen or even a bookcase.*

- Yes
- Yes, but not all components
- No, we do not have a space available
- No, and we would like support in creating a comfortable space

6. We have individualized feeding plans including feeding on-demand, recognizing hunger cues, and coordinating feedings to meet the needs of the family.

- *Every effort should be made to meet the family's goals in feeding their child*
- *Feeding on-demand means feeding the infant when they are hungry in response to their cues*
- *Introduction to solids should begin at 6 months of age*

- Yes
- Yes, but not all components
- Yes, but we would like assistance to further develop them
- No, and we seek support in how to do this

7. We provide families with breastfeeding resources available in the community.

- *Resource lists are available for support such as lactation consultants, hospital-based programs, classes, support groups, and connection with local and state breastfeeding coalitions*

- Yes, they are available for everyone
- Yes, but they are only provided upon request
- No, we do not have this available
- No, and we would like to offer these resources