



# Building Blocks to Becoming a Lactation Friendly Environment Child Care



## Assemble



- Establish a policy defining your commitment to support breastfeeding families and staff. Ensure all staff are aware of your breastfeeding policy.
- Educate new and existing families about your breastfeeding practices and policies.
- Provide training for all staff on the benefits and basics of breastfeeding.
- Provide a comfortable and private space for breastfeeding or pumping of breastmilk that is not a restroom.



## Build



- Train new and existing staff who work with infants and toddlers on best feeding practices and appropriate storage and handling of breastmilk.
- Ensure staff who work with infants and toddlers renew breastfeeding-related training every three years.
- Establish a feeding plan for all infants and toddlers.
- Provide families with breastfeeding resources available in the community.



## Continue



- Provide children breastfeeding friendly education and play opportunities.
- Display breastfeeding-related imagery and/or resources that are culturally appropriate.
- Connect with your local breastfeeding coalition.



**For information on how to become a designated lactation friendly child care, please contact the Snohomish County Health Department:**



**[lactation@co.snohomish.wa.us](mailto:lactation@co.snohomish.wa.us)  
425-252-5580**