

Tools & Resources

"Breastfeeding-Friendly San Diego has given me all the resources I need to confidently talk to families, both enrolled at my center and prospective families, about how I can help them transition back to work while still breastfeeding. It has also given me the resources I needed to improve my center in terms of milk handling, preparation, and techniques on giving the milk to the babies."

— Childcare Provider, San Diego, CA

SECTION THREE

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Section Three

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Program Implementation Checklist

Program Name:

Date:

This checklist provides a general overview of the necessary steps to implement a breastfeeding-friendly childcare program. Blank spaces are provided to add additional items.

STATUS	ACTION	LEAD	NOTES
Getting Started Section			
<input type="checkbox"/>	Ensure program support from organizational stakeholders		
<input type="checkbox"/>	Identify and connect with program partners		
<input type="checkbox"/>	Develop recruitment tools		
<input type="checkbox"/>	Utilize partnerships to recruit childcare providers		
<input type="checkbox"/>	Develop a program enrollment form and enroll providers		
<input type="checkbox"/>	Develop an assessment form		
<input type="checkbox"/>			

Building Block 1: Create a Breastfeeding-Friendly Environment			
<input type="checkbox"/>	Assist childcare providers in identifying a comfortable space for breastfeeding		
<input type="checkbox"/>	Support childcare providers in communicating that breastfeeding onsite is encouraged		
<input type="checkbox"/>			

Building Block 2: Provide Employee Training to Support Breastfeeding			
<input type="checkbox"/>	Determine the logistics of the training		
<input type="checkbox"/>	Identify an existing training curriculum or create a training that meets the training objectives		
<input type="checkbox"/>	Identify partners to provide breastfeeding or childcare expertise		
<input type="checkbox"/>	Communicate training details to childcare providers		
<input type="checkbox"/>	Ensure all childcare providers have received the training		
<input type="checkbox"/>			

Building Block 3: Implement Proper Storage, Handling, and Feeding of Breast Milk			
<input type="checkbox"/>	Ensure childcare providers have refrigerator and freezer space for storing breast milk		
<input type="checkbox"/>	Determine if refrigerator and freezer space meets storage guidelines		

<input type="checkbox"/>	Assist childcare providers in creating a system for proper bottle labeling		
<input type="checkbox"/>	Offer childcare providers an Infant Feeding Plan or assist them in creating or updating their own		
<input type="checkbox"/>			

Building Block 4: Adopt Written Policies Supporting Breastfeeding Families and Employees

<input type="checkbox"/>	Explain the importance of a breastfeeding-friendly policy		
<input type="checkbox"/>	Offer childcare providers a breastfeeding-friendly sample policy or assist them in creating or updating their own		
<input type="checkbox"/>	Discuss plans to communicate the policy to employees and parents		
<input type="checkbox"/>	Confirm when they have adopted their policy		
<input type="checkbox"/>			

Building Block 5: Offer Breastfeeding Resources for Families and Employees

<input type="checkbox"/>	Compile breastfeeding resources relevant for the community associated with the childcare provider		
<input type="checkbox"/>	Distribute breastfeeding resources to childcare providers electronically or in physical format		
<input type="checkbox"/>	Meet with the provider and review resources		
<input type="checkbox"/>	Encourage childcare providers to make these resources available to families and employees		
<input type="checkbox"/>			

Recognition

<input type="checkbox"/>	Compile the 'Recognition Packet' materials		
<input type="checkbox"/>	Schedule a time to recognize the childcare provider		
<input type="checkbox"/>	Utilize partnerships to promote the recognized childcare providers		
<input type="checkbox"/>	Create a directory of breastfeeding-friendly childcare providers		
<input type="checkbox"/>			

Building Blocks to Breastfeeding-Friendly Checklist - English

Building Blocks to Breastfeeding-Friendly Childcare



Create a breastfeeding-friendly environment.

- Breastfeeding mothers are encouraged to breastfeed onsite.
- Families and employees are provided a non-restroom space to breastfeed.

Provide employee training to support breastfeeding.

- Train all employees on breastfeeding-friendly practices.
- Trainings include: benefits of breastfeeding, handling and storing breast milk, creating a breastfeeding supportive environment, policy/procedure development and implementation, and parent engagement and support.

Implement proper storage, handling, and feeding of breast milk.

- Provide refrigerator and freezer space for storage of breast milk.
- Breastfeeding families are instructed on how to properly label and store breast milk.
- An individual feeding plan exists for every infant under 18 months.

Adopt written policies supporting breastfeeding families and employees.

- A written policy exists and is communicated for supporting breastfeeding families and employees.
- Breastfeeding employees are given appropriate break time to pump or breastfeed.

Offer breastfeeding resources for families and employees.

- Breastfeeding resources are available for families.
- Breastfeeding resources are available for employees.



Breastfeeding-Friendly San Diego (BFSD) is a project of *Live Well San Diego: Healthy Works* and implemented by the UC San Diego Center for Community Health. This work supports *Live Well San Diego*, the County vision of a region that is Building Better Health, Living Safely, and Thriving. BFSD is made possible with funding from First 5 San Diego through the County of San Diego Health and Human Services Agency.

Building Blocks to Breastfeeding-Friendly Checklist - Spanish

Elementos básicos para apoyar a la lactancia materna en los centros de cuidados de niños y guarderías:



Crear un ambiente favorable y propicio para la lactancia materna.

- Aquí alentamos a las mamás a dar seno materno.
- Familias y empleados tienen espacio para apoyar a la lactancia materna—que no es un baño.

Proveer capacitación a los empleados acerca de la lactancia materna.

- Capacitación para apoyar un ambiente propicio para la lactancia materna.
- Educación incluye: beneficios de la lactancia materna, manejo y almacenamiento adecuado de la leche materna, creación de un ambiente propicio y con privacidad para amamantar, desarrollo e implementación de pólizas Pro-Lactancia, así como también apoyo para padres y madres de familia.

Implementar reglas recomendadas para el almacenamiento, el manejo y la alimentación con leche materna.

- Proporcionamos espacio en el refrigerador y en el congelador para almacenar la leche materna.
- Instruimos a las familias para etiquetar y almacenar adecuadamente la leche materna.
- Tenemos un plan de alimentación individual para el cuidado de cada niño menor de 18 meses.

Adoptar pólizas por escrito para apoyar a familias y empleadas en la lactancia materna.

- Tenemos una póliza/convenio por escrito comunicando a familias y empleados Pro-Lactancia.
- Damos tiempo de descanso adecuado a los empleados que proveen lactancia materna para amamantar o para extraer la leche materna con sacaleches.

Ofrecer recursos educativos acerca de la lactancia materna para familias y empleados.

- Tenemos disponibles aquí materiales Pro-Lactancia aquí para las familias.
- Contamos con información relevante para empleados acerca de la lactancia materna.



San Diego a favor de la lactancia materna (BFSD por sus siglas en inglés) es un proyecto de *Live Well San Diego: Healthy Works* e implementado por el Centro de Salud de la Comunidad de la Universidad de California San Diego. Dicho esfuerzo apoya a *Live Well San Diego*, la visión del Condado para contar con una región cada vez más saludable, más segura, y próspera. El proyecto BFSD es posible gracias a fondos facilitados por First 5 San Diego por medio de la Agencia de Salud y Servicios Sociales del Condado de San Diego.

Enrollment Form - English

Breastfeeding-Friendly San Diego Program Enrollment Form

By participating in Breastfeeding-Friendly San Diego, you contribute to the health and well-being of mothers, babies, and families throughout the region. Breastfeeding has many benefits to mothers and babies, but can also have many benefits to your childcare site such as:

- Cost savings
- Healthier babies in your care
- Happier families

As a Breastfeeding-Friendly San Diego partner, you have access to the following free resources and assistance from the UC San Diego Lactation Supportive Environments team:

- Checklist to gauge strengths and areas of improvement
- Information and training on becoming a *Breastfeeding-Friendly San Diego* partner
- Sample breastfeeding-friendly/lactation policies/procedures and best practices
- Assistance in creating and adopting breastfeeding-friendly practices
- Free, customized resources and technical assistance for:
 - Childcare staff
 - Families
- Recognition as a *Breastfeeding-Friendly San Diego* partner

Congratulations on taking an important step towards making San Diego County a more breastfeeding-friendly county!

Please complete the information below:

Name: _____

Childcare Name: _____

Address: _____

Phone: _____

Email address: _____

Preferred contact method: E-mail Phone Text

Signature

Date

For more information please contact _____



Enrollment Form - Spanish

Pro-Lactancia (Breastfeeding-Friendly) San Diego

Inscripción al Programa

Al participar en el programa de *Pro Lactancia (Breastfeeding-Friendly) San Diego*, usted contribuirá a la salud y el bienestar de madres, bebés y familias en toda la región. La lactancia materna tiene muchos beneficios para las madres y los bebés, pero también puede tener muchos beneficios para su sitio de cuidado infantil, tales como:

- Ahorros en costos
- Bebés más saludables en su sitio de cuidado
- Y familias más contentas

Como un participante del programa *Pro Lactancia (Breastfeeding-Friendly) San Diego*, usted tendrá acceso a los siguientes recursos gratuitos y asistencia del equipo de Ambientes de Apoyo Pro-Lactancia de UC San Diego:

- Lista de verificación para identificar sus áreas fuertes y potenciales de mejoramiento
- Información y capacitación para convertirse en una socia de *Pro-Lactancia (Breastfeeding-Friendly) San Diego*
- Modelos y ejemplos de pólizas/procedimientos de lactancia materna y las mejores practicas
- Asistencia en la creación y adopción de prácticas propicias para la lactancia
- Recursos gratuitos y personalizados y asistencia técnica para:
 - El personal de cuidado de niños
 - Que usted comparta con las familias
- Reconocimiento como un participante y proveedor de Cuidados de Niños *Pro-Lactancia (Breastfeeding-Friendly) San Diego*

¡Felicidades por tomar un paso importante en apoyar a la lactancia materna y ser parte del cambio en el Condado de San Diego!

Para inscribirse en el programa por favor complete la siguiente información:

Nombre de proveedora: _____

Nombre de centro: _____

Dirección: _____

Teléfono: _____

Correo electrónico: _____

Mejor forma de comunicación: Por e-mail Por teléfono Por Texto

Para la visita de apoyo prefiero Español Inglés Cualquiera de los dos

Firma

Fecha



Training Handouts

Below are the handouts used in the Breastfeeding-Friendly San Diego (BFSD) trainings. These handouts are taken from organizations including Women, Infants, and Children (WIC), United States Department of Agriculture (USDA), Breastfeed LA, and the California Work and Family Coalition. All resources are available in English and Spanish.

Breast Milk Has More of What Babies Need (WIC)

- [Feeding My Baby](#)

Breastfeeding and Returning to Work or School (WIC)

- [Breastfeeding and Returning to Work or School \(English\)](#)
- [Breastfeeding and Returning to Work or School \(Spanish\)](#)

Updated Child and Adult Food Program Meal Patterns: Infant Meals (USDA)

- [CACFP Infant Meal Patterns \(English\)](#)
- [CACFP Infant Meal Patterns \(Spanish\)](#)

California Six Key Laws for Parents

- [Six Key Laws for Parents \(English\)](#)
- [Six Key Laws for Parents \(Spanish\)](#)

Let Your Baby Set the Pace for Bottle Feeding (WIC)

- [Let Your Baby Set the Pace for Bottle Feeding](#)

Feeding Cues (Breastfeed LA)

- [Infant Feeding Cues \(English\)](#)
- [Infant Feeding Cues \(Spanish\)](#)

BFSD Program Materials:

- [Program Flier](#)
- [Building Blocks to Breastfeeding-Friendly Childcare](#)
- [Breastfeeding-Friendly Childcare Policy Sample](#)
- [Infant Feeding Plan](#)

Guidelines for Storing Breast Milk



When milk arrives...
Refrigerate immediately.



Refrigerated milk
Store at \leq _____ °F
up to _____ hours.



Frozen milk
Store in freezer of two-door fridge at
 \leq _____ °F for up to _____ months.



Thawed milk
Store in fridge up to _____ hours.
Do NOT refreeze breast milk.



After a feeding...
Throw out any
unused milk.



First 5
San Diego



Reglas para Almacenar la Leche Materna



Cuando reciba la leche materna...
Refrigérela inmediatamente.



La leche refrigerada
Se debe almacenar a \leq ____ °F
Hasta ____ horas.



Leche congelada
Almacene en el congelador de un refrigerador de dos puertas a \leq ____ °F hasta ____ meses.



Leche descongelada
Almacene en el refrigerador hasta ____ horas.
NO vuelva a congelar la leche.



Después de darle al bebé la leche materna...
Tire la leche que no se utilizó.



First 5
San Diego



Infant Feeding Plan - English

PAGE 1 OF 2

Sample Infant Feeding Plan



The information you provide below will help us to do our very best to respect your feeding practices and help your baby grow and thrive.

This form must be filled out for all children under 18 months old.

Child's name: _____ Birthday: _____
m m / d d / y y y y

Parent/Guardian's name(s): _____

TO BE COMPLETED BY PARENT

Did you receive a copy of our Breastfeeding-Friendly Policy? Yes No

At home my baby drinks (Check all that apply):

Breast milk from: Mother Bottle Cup Other _____

Formula from: Bottle Cup Other _____

Cow's milk from: Bottle Cup Other _____

Additional details:

How does your child show you that s/he is hungry?

How often does your child usually feed?

How much does your child usually drink at each feeding (ounces)?

Has your child started eating solid foods? Yes No
If yes, what foods is s/he eating:

How often is your child eating solid foods? How much?



This information has been adapted from the "Breastfeeding-Friendly Child Care Initiative" of the Carolina Global Breastfeeding Institute/UNC Gillings School of Global Public Health.

Infant Feeding Plan - English

PAGE 2 OF 2

Child's name: _____ Birthday: _____
mm / dd / yyyy

I want my child to be fed the following foods while in your care:

	Frequency of	Approximate amount per	Will you bring from home? (must be labeled)	Details about feeding
Mother's Milk				
Formula				
Cow's milk				
Cereal				
Baby Food				
Table Food				
Other				

I plan to come to nurse my baby at the following time(s): _____

My usual pick-up time will be: _____

If my baby is crying or seems hungry shortly before my usual arrival time, I would like staff to do the following:
 You may choose more than one.

hold my baby
 use the teething toy I provide
 use the pacifier I provide
 rock my baby
 give a bottle of my expressed milk
 other Specify: _____

I would like you to take this action _____ minutes before my arrival time.

We have discussed the above plan, and made any needed changes or clarifications.

Today's date: _____

Teacher Signature: _____ Parent Signature _____

Date	Change to Feeding Plan (must be recorded as feeding habits change)	Parent Initials	Teacher Initials

*** Any changes must be noted above and initialed by both the teacher and the parent.**



This information has been adapted from the "Breastfeeding-Friendly Child Care Initiative" of the Carolina Global Breastfeeding Institute/UNC Gillings School of Global Public Health.

Infant Feeding Plan - Spanish

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Muestra del Plan para la Alimentación de Niños



Alimentar a su bebé adecuadamente es una de las responsabilidades más importantes para quienes estamos al cuidado de sus hijos. La información que usted nos comparta nos ayudará para hacer todo lo posible para continuar hábitos saludables en la alimentación de su bebé para su crecimiento y madurez.

Este plan debe ser detallado para todos los niños menores de 18 meses de edad.

Nombre de bebé: _____ Fecha de nacimiento: _____
m m / d d / a a a a

Nombre del padre/madre/guardián: _____

¿Recibió una copia de nuestra póliza de lactancia? Si No

COMPLETADO POR LOS PADRES

En mi casa, mi bebé toma la leche:

(marque todas las respuestas apropiadas):

- La leche materna la toma:
 - Seno materno En biberón En vaso Otra forma
- La leche de fórmula la toma:
 - En biberón En vaso Otra forma
- Leche de vaca:
 - En biberón En vaso Otra forma
- Otro líquido: _____
 - En biberón En vaso Otra forma

¿Cómo muestra su bebé cuando tiene hambre?

¿Qué tan seguido come su bebé?

¿Cuál es la frecuencia y la cantidad de leche/formula que toma su bebé normalmente cada vez que come?

¿Ha empezado su bebé a comer alimentos sólidos? ¿Qué comidas está comiendo?

¿Cuál es la frecuencia y cantidad que su bebé está comiendo alimentos sólidos, y en qué cantidad?

COMPLETADO POR LA PROVEEDORA

Explicaciones /Detalles adicionales

En su hogar, ¿alimentan al bebé cuando muestra señas de tener hambre?

Si No

¿Está el bebé comiendo alimentos sólidos? Si No

¿Es el bebé menor de seis meses? Si No

Al responder que Sí a las dos preguntas:

- Yo pregunté: ¿Le recomendó su pediatra empezar a dar alimentos sólidos a su bebé antes de cumplir seis meses?

Si No

Folletos/Recursos compartidos con los padres relacionados con la lactancia materna y/o la alimentación infantil:

Infant Feeding Plan - Spanish

PAGE 2 OF 2

Nombre del niño: _____

Fecha de nacimiento: _____
mm / dd / aaaa

Cuéntenos acerca de la alimentación de su bebé en nuestro sitio

Quiero que mi hijo/ a sea alimentado con los siguientes alimentos mientras este bajo su cuidado:

	Frecuencia de alimentación	Cantidad aproximada por alimentación	¿Lo traerá de casa? (Debe tener etiqueta y fecha)	Instrucciones sobre la alimentación
Leche materna				
Leche de formula				
Leche de vaca				
Cereal				
Comida de bebé				
Sólidos				
Otro (describa)				

Pienso regresar a este sitio para darle pecho a mí bebé a estas horas: _____

La hora que vengo por mi niño normalmente es: _____

Si mi bebe está llorando o parece hambriento poco antes de mi hora de llegada habitual, quisiera que el personal hiciera lo siguiente: (puede marcar más de uno)

Sostener al bebé usar el juguete para comezón en los dientes usar el chupón que le di
 Mecer mi bebé dar biberón con mi leche materna Especifique otra estrategia/actividad: _____

Quisiera que tomara esta acción _____ minutos antes de mi hora de llegada, si está llorando o parece hambriento

Hemos repasado el plan juntos y hemos hecho los cambios o aclaraciones necesarios.

Fecha de hoy: _____

Firma de proveedora: _____ Firma del padre/madre: _____

Fecha	Cambios hechos en el plan de alimentación (deben ser documentados cada vez que hay cambio)	Iniciales de mamá/papá	Iniciales de la proveedora

*** Cualquier cambio debe ser escrito arriba y agregue las iniciales de la proveedora, mamá/papá**



Esta información ha sido adoptado de "Breastfeeding-Friendly Child Care Initiative" of the Carolina Global Breastfeeding Institute/UNC Gillings School of Global Public Health.

Policy - English



Breastfeeding-Friendly Child-Care Policy Sample



Breastfeeding has been shown to be the best form of infant nutrition, providing a multitude of health benefits to both infant and mother. Because breastfeeding families need ongoing support from childcare providers to provide their milk for their babies, _____ will support breastfeeding families in the following ways:

We provide a breastfeeding-friendly environment.

We will make a private and clean space available for breastfeeding mothers, including employees, to breastfeed their babies or express (pump) milk.

We show sensitivity to breastfeeding mothers and their babies.

We will provide ongoing support to breastfeeding mothers, such as an opportunity to breastfeed their baby when possible including but not limited to drop off, lunch time/breaks or at pick up. Staff will hold off giving a bottle, if possible, when mom is due to arrive.

We ensure that all breastfeeding families are able to properly store and label their milk.

Breastfeeding mothers may store their expressed breast milk in the center’s refrigerator. Parents should provide their own properly sealed containers, clearly labeled with their child’s name and date.

We train our staff to support and promote optimal infant feeding.

Staff will be trained how to store and handle human milk. _____ will follow human milk storage guidelines published by the Child and Adult Care Food Program (CACFP) to avoid waste and prevent foodborne illness. Staff will use breast milk within 72 hours and return any unused milk to the mother.

We develop an individual feeding plan with each family that supports best feeding practices.

We will work with each family to develop a feeding plan for their child, including feeding practices to help maintain breastfeeding success. Artificial baby milk (formula) and solid foods will only be provided if the parent requests. Babies will be held closely when feeding and bottles will never be propped. Feeding plans will be coordinated with the mother’s schedule and updated every _____ and upon request from the parents.

We continue learning about ways to support parents in protection, promotion and support of breastfeeding.

All staff members will receive training when they are hired along with continuing education to support breastfeeding families. We will work with local community partners to ensure our staff receives the most up to date information to promote and support breastfeeding families.

We will never deny children entry into the facility because they are breastfeeding

This information has been adapted from the “Breastfeeding-Friendly Child Care Initiative” of the Carolina Global Breastfeeding Institute/UNC Gillings School of Global Public Health.





Política de Lactancia Materna en el Cuidado de Niños



La lactancia materna ha demostrado ser la mejor forma de nutrición para los bebés, aportando beneficios de salud importantes para la madre y el bebé. Las familias en periodo de lactancia necesitan apoyo extenso y constante de las personas que proveen los cuidados para su bebé. Por eso nosotros, _____ apoyamos a las familias que proveen lactancia materna con los siguientes procedimientos:

Proporcionamos un ambiente confortable donde las mamás pueden alimentar con leche materna a su bebé.

Nos aseguramos de tener un espacio limpio y con privacidad, para las mamás y empleadas que proveen lactancia materna, y cuando necesitan extraer la leche materna con sacaleches eléctrico doble.

Comprendemos el apoyo y delicadeza que las mamás requieren al estar amamantando a sus bebés.

Proporcionamos apoyo a las mamás lactando de acuerdo a las necesidades de las familias, por ejemplo, cuando la mamá está por llegar, podemos esperar hasta que ella llegue y amamante a su bebé, en lugar de darle el biberón.

Nos aseguramos que todas las familias que amamantan pueden almacenar su leche apropiadamente en nuestro sitio.

Nuestro refrigerador esta disponible para que las mamás pueden almacenar su leche adecuadamente. Los padres deben de traer su propios recipientes cerrados y marcados con la etiqueta del nombre del bebé y de la fecha.

Capacitamos a nuestro personal acerca de como alimentar a los bebés de manera óptima.

El personal de _____ esta capacitado para manejar y almacenar la leche materna. Nuestro sitio sigue los reglamentos publicados por el Departamento de Trabajo Administración de Seguridad y Salud Ocupacional (OSHA en inglés) y los Centros para el Control y la Prevención de Enfermedades (CDC en inglés) para evitar el desperdicio de la leche materna y prevenir enfermedades transmitidas por alimentos.

Creamos un plan alimenticio individual para cada familia que incluye las mejores prácticas de alimentación.

Trabajamos con cada familia para crear un plan de alimentación para su niño, que incluye maneras para que su bebé pueda continuar con lactancia materna. La leche de fórmula y la comida únicamente se le dará al bebé cuando la mamá así lo indique. El bebé se toma en los brazos para ser alimentado y nunca se reclina el biberón, ni se le deja solo. El plan será coordinado con el horario de mamá y será actualizado cada (_____) o cuando lo pida mamá/papá.

Seguimos aprendiendo maneras para apoyar, promover y proteger a los bebés durante la lactancia materna.

Todo nuestro personal recibe capacitación al empezar a trabajar en nuestro sitio y continúan su educación para apoyar a todas las familias durante la lactancia materna. Trabajamos con agencias comunitarias para asegurar que todo nuestro personal esta actualizado lo mejor posible para proveer información útil para que las familias continúen amamantando a sus bebés.

Nunca negaremos la aceptación a ningún bebé en nuestro sitio porque este en lactancia materna.

Esta información ha sido modelada usando la iniciativa "Breastfeeding-Friendly Child Care Initiative" del Instituto Mundial de Lactancia Materna de Carolina / UNC Gillings School of Global Public Health.



Publicly Available Breastfeeding Resources

Below are the resources Breastfeeding-Friendly San Diego (BFSD) provided to childcare providers to distribute to families. These resources are taken from organizations including Women, Infants, and Children (WIC), San Diego County Breastfeeding Coalition (SDCBC), Noodle Soup, and the California Work and Family Coalition. All resources are available in English and Spanish.

Breastfeeding A Magical Bond of Love (WIC)

- [Breastfeeding A Magical Bond of Love \(English\)](#)
- [Breastfeeding A magical Bond of Love \(Spanish\)](#)

Breastfeeding and Returning to Work or School (WIC)

- [Breastfeeding and Returning to Work or School \(English\)](#)
- [Breastfeeding and Returning to Work or School \(Spanish\)](#)

Community Breastfeeding Resources (SDCBC)

- [Community Breastfeeding Resources \(English\)](#)
- [Community Breastfeeding Resources \(Spanish\)](#)

San Diego WIC programs

- [San Diego WIC program \(English\)](#)
- [San Diego WIC program \(Spanish\)](#)

California Six Key Laws for Parents

- [Six Key Laws for Parents \(English\)](#)
- [Six Key Laws for Parents \(Spanish\)](#)

Noodle Soup Resources*

- [Pumping Primer](#)
- [Dad Can Help In So Many Ways](#)
- [Working and Breastfeeding](#)

* = for purchase

Recognition Certificate

BREASTFEEDING-FRIENDLY SAN DIEGO CHILDCARE PARTNER

PRESENTED TO

Provider Name

IN RECOGNITION OF YOUR COMMITMENT TO WHOLEHEARTEDLY SUPPORT AND
ACCOMMODATE BREASTFEEDING FAMILIES

ON THIS DAY:

PRESENTED BY:

Date

Signature



Recognition Letter

Date



Dear (Insert Provider Name),

Congratulations on becoming a Breastfeeding-Friendly Childcare Partner!

Program Name provides special recognition to childcare providers committed to breastfeeding-friendly practices. Our partners don't just tolerate breastfeeding – they wholeheartedly support it. Becoming a recognized partner has many perks! It benefits your childcare program and it benefits our community as a whole. Your commitment and continued support for breastfeeding families and their infants means healthier babies, healthier moms, and healthier future generations.

Please place the enclosed decal on your window or door to show families you are a Breastfeeding-Friendly Childcare partner. Thank you for your dedication and participation!

Warmly,
Name

Contact Name
Title
Program Name
Organization
Phone Number
Email



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Recognition Window Cling



COUNTY OF SAN DIEGO
HHS Agency
HEALTH AND HUMAN SERVICES AGENCY


LIVE WELL
SAN DIEGO
LIVEWELLSD.ORG

 **First 5**
San Diego

UC San Diego | Center for
SCHOOL OF MEDICINE | Community Health

Breastfeeding Spaces



Figure 1: Breastfeeding Space in a Family Childcare Home

Figure 1 highlights a breastfeeding space set up in the living room of a family childcare home. The space includes comfortable seating as well as soft lighting. If families prefer more privacy, there is a folding screen, pictured on the right, that can be set up and taken down easily. As shown, when not in use, the screen can be folded up and placed next to the chair. The small side table presents a space for a glass of water or to display breastfeeding resources.



Figure 2: Breastfeeding Space in a Childcare Center

Figure 2 highlights a breastfeeding space in a childcare center. The space includes a comfortable rocking chair in the infant nap room. There is a door which can be closed to provide a more serene environment. It is ideal for childcare centers to have a couple of spaces to offer for breastfeeding to ensure families are comfortable. This childcare center has families that enjoy breastfeeding in the rocking chair in the infant play room, couch in their conference room, and even under a tree in their outdoor play space.

Breast Milk Storage



Figure 3: Breast Milk Storage in a Family Childcare Home

Figure 3 highlights breast milk storage in a family childcare home. A section of the standard refrigerator is designated to store breast milk. It is permitted to store breast milk in a home refrigerator alongside other food and drinks. Breast milk is being stored in bottles and bags and organized in trays clearly labeled with the child's name. The bottles and bags are also labeled with each child's name and date milk was expressed. The container on the far left has several bags of milk behind it, emphasizing that the milk in the bottle should be utilized first.



Figure 4: Breast Milk Storage in a Childcare Center

Figure 4 highlights a childcare center that utilizes plastic trays to separate and organize breast milk and solids for each child. Breast milk can be stored safely alongside other food items. The trays are labeled with each child's name and the bottles are labeled with both the child's name and the date the milk was expressed. Breast milk can be offered in a bottle or a sippy cup for older infants.



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