The NC Breastfeeding-Friendly Child Care Designation (NC BFCCD) is administered at the NC Division of Public Health (DPH). The NC BFCCD recognizes licensed child care facilities statewide that promote, protect, and support breastfeeding. A rating system has been developed in which one gold-starred building block is awarded for achieving each of the five standards for breastfeeding-friendly child care. The five standards of the NC BFCCD include: 1) written policy; 2) community connections; 3) professional development; 4) environment; and 5) curriculum. The NC BFCCD integrates the Ten Steps to Breastfeeding-Friendly Child Care from the Carolina Global Breastfeeding Institute (CGBI) at UNC-Chapel Hill into the five standards.

WHY:

By participating in the NC BFCCD your child care can benefit:

**Child Care:**
Being breastfeeding-friendly may lead to better daily attendance, healthier children, higher parent satisfaction, and public recognition.

**Children:**
Breastfed children have less risk of asthma, diabetes (type 2), ear infections, eczema, gastrointestinal infections (diarrhea/vomiting), inflammatory bowel disease, lower respiratory infections, obesity, and sudden infant death syndrome (SIDS).

**Mothers:**
Breastfeeding lowers mothers' risk of breast cancer, diabetes (type 2), high blood pressure, and ovarian cancer. Breastfeeding may lower maternal cardiovascular risk factors, lessen absenteeism from work or school, and reduce postpartum depression. Breastfeeding enhances the mother-child bond, speeds recovery from childbirth, and can increase family resources.

**Everyone:**
Breastfeeding-friendly child care helps everyone by improving breastfeeding rates, leading to healthier people in North Carolina. Breastfeeding is safe for the environment and lowers health care costs. Breastfeeding remains the safest and best infant and child feeding option in natural disasters, during which clean water, hygienic conditions, and power sources are unreliable.

HOW:

**Review & Assess**
Evaluate and self-assess ways in which your facility is currently meeting the Ten Steps to Breastfeeding-Friendly Child Care. The NC BFCCD application integrates these ten steps into five standards: 1) written policy; 2) community connections; 3) professional development; 4) environment; 5) curriculum.

**Get Designated**
It only takes one successful standard achieved to be awarded one gold-starred building block at the NC BFCCD.

**Apply**
Submit your completed application for review, along with supporting documentation. Applications are reviewed January 15, April 15, July 15, and October 15. Click HERE to apply today.

**Go for more!**
Strive to achieve more, if not awarded five gold-starred building blocks upon your initial application. Reapply once you successfully implement additional standards to increase your designation level!