

Attention Parents and Guardians!

## Looking for a Breastfeeding-Friendly Child Care Program? We can help!



Are you looking for a resource to help you locate a child care program that protects, supports and promotes breastfeeding? You've found it! This guide provides questions to pose before or during your tour of the program, as well as specific items to look for while on tour. These questions may help to ensure you find a child care program which is a good fit for you and your family.

### Potential questions for the director and classroom staff:

- Does your program have a written breastfeeding policy for families?
- Has the program received recognition through the NC Breastfeeding-Friendly Child Care Designation program?  
(<http://nutritionnc.com/breastfeeding/childcare.htm>)
- Can you describe how you have been trained to support and promote best infant feeding practices, including support of exclusive breastfeeding?
- Will I be permitted to come breastfeed my baby on demand at any time, and if so will feedings be held until I arrive?
- Will my baby be fed when hunger cues are visible or held to a schedule?
- Can you instruct me in how to properly label and store my breast milk within the center, either in a bottle or sippy cup?
- What support do teachers and other staff receive to continue to breastfeed when they return to work?
- Does the program have a referral system in place to assist mothers in finding local breastfeeding resources?

### Items to look for during tour of the child care program:

- The program's breastfeeding-friendly policy is communicated during tour.
- A designated area to sit comfortably and breastfeed or express milk.
- Adequate refrigerator & freezer space available for storage of breast milk.
- Culturally appropriate posters which contain information about breastfeeding & photos of mothers & nursing babies are displayed.
- Toys, books or activities that portray nursing mothers (human and animal) are present in the center.
- Local community resource materials are available that support and promote breastfeeding.

