

# Parents' Guide: Breastfeeding Friendly Child Care



**As a breastfeeding family, finding a child care provider that supports, promotes, encourages, and protects your needs is likely very important to you. How do you know if a child care provider is truly supportive of your breastfeeding needs?**

**Alabama Breastfeeding Friendly Child Care Certification** To earn certification, child care providers must meet five requirements that are verified by site visits. The following is a summary of the requirements.

## 1. Breastfeeding Friendly Environment

- Nursing is welcomed on-site, and there is a designated space (other than a restroom) available for mother to pump or nurse.
- Enough refrigeration space is available to allow all breastfeeding mothers to store expressed breast milk.

## 2. Breastfeeding Friendly Policies

- Written policies promote and support breastfeeding.

## 3. Breastfeeding Support Practices

- Mothers are invited to come to the program to nurse their babies.
- Staff members show positive attitudes about breastfeeding.

## 4. Breastfeeding Education and Professional Development

- All staff members are required to attend training that includes the proper storage and handling of breast milk, how to bottle-feed the breastfed baby, the benefits of breastfeeding, and other topics.

## 5. Breastfeeding Friendly Feeding Practices

- The timing of feedings is based on the specific needs and cues of infants showing that they are hungry.
- Teachers end infant feedings based on infant cues indicating that a baby is full.
- Teachers inform families about what, how much, and when their infants eat each day.

If there is not a Breastfeeding Friendly Certified Child Care in your area, ask the following questions to help you determine if a child care provider is supportive of breastfeeding.

- Will my baby be fed on a schedule or as he or she shows signs of hunger?
- Can I feed my baby on my lunch or other breaks?
- How will breast milk be stored and prepared for my baby's feedings?
- Does your staff receive training on breastfeeding or infant feeding best practices?
- Does your facility have a written breastfeeding policy?
- Is there a designated space for me to nurse my baby before I drop him or her off?
- Am I welcome to nurse my baby in the nursery?

A list of certified Breastfeeding Friendly Child Care providers is available on the [Alabama Extension website](#). If there are no certified providers in your area, consider encouraging them to pursue the Breastfeeding Friendly Child Care Certification.



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