

## **Breastfeeding Policy**

The Early Learning Center is committed to providing ongoing support to breastfeeding mothers. Well-defined research has documented a multitude of health benefits to both mother and infant.

### **TELC subscribes to the following policy:**

- Breastfeeding mothers shall be provided a place to breastfeed or express milk.
- Breastfeeding mothers, including employees, shall be provided a private and sanitary place to breastfeed their babies or express milk. This area has an electrical outlet, comfortable chair, and nearby access to running water. Mothers are also welcomed to breastfeed in front of others if they wish.
- A refrigerator will be made available for storage of expressed milk.
- Breastfeeding mothers and employees may store their expressed milk in the center refrigerator. Mothers should provide their own containers, clearly labeled with name and date.
- Sensitivity will be shown to breastfeeding mothers and their babies.
- The center is committed to providing ongoing support to breastfeeding mothers, including providing an opportunity to breastfeed their baby in the morning and evenings, and holding off giving a bottle, if possible, when mom is due to arrive. Infant formula and solid foods will not be provided unless requested by the mother. Babies will be held closely when feeding.
- Staff shall be trained in handling breast milk.
- All center staff will be trained in proper storage and handling of breast milk, as well as ways to support breastfeeding mothers.
- The center will follow human milk storage guidelines from the American Academy of Pediatrics and Centers for Disease Control and Prevention to avoid waste and prevent food borne illness.
- Breastfeeding promotion information will be displayed.
- The center will provide information on breastfeeding, including the names of area resources should questions or problems arise. In

addition, positive promotion of breastfeeding will be on display in the center.

### **Staff Training on Breastfeeding:**

All employees are orientated to the breastfeeding policy and appropriately trained within two weeks of hire.

- Employees identify and promote the location of the room where mothers can

breastfeed or express their milk.

- Staff demonstrates safe storage and handling of human milk. Breast Milk is properly labeled. Gloves are not required when handling human milk.
- Breastfeeding is promoted and encouraged whenever the mother is at the child care center.
- Infant care plans are designed to avoid large feedings prior to mother's scheduled arrival.
- All employees are encouraged to attend a class or continuing education session on breastfeeding once a year to keep current on supportive techniques.