

## Is Your Center Breastfeeding Friendly?

### A center that is Breastfeeding Friendly:

- Provides an atmosphere that welcomes and promotes breastfeeding as a normal method of feeding infants
- Helps mothers continue to breastfeed when they return to work or school
- Makes breastfeeding resources available to parents
- Feeds infants on cue and coordinates feeding times with parent's schedule
- Trains staff so they are able to support breastfeeding parents
- Has a written breastfeeding policy

**If you think your center is Breastfeeding Friendly, complete the following information and the self-assessment on the back.** Mail this completed form and a copy of your breastfeeding policy to the address below. Centers that answer "Yes" to all six standards and whose policy supports breastfeeding will be designated as a Breastfeeding Friendly Child Care Center. Centers will be awarded a certificate and window cling to display at the center. The certificate expires after 2 years and you will need to complete another self-assessment at that time.

If your center is not ready to apply yet and you would like more information on becoming a Breastfeeding Friendly Child Care Center, contact us at the address below.

CCFP Authorization Number: \_\_\_\_\_

Center Name: \_\_\_\_\_

Sponsor Name (if applicable): \_\_\_\_\_

Center Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Number of infants (under 12 months of age) currently in care: \_\_\_\_\_

### Contact Information:

Krista Schoen  
Florida Department of Health  
Bureau of Childcare Food Programs  
4052 Bald Cypress Way, Bin A-17  
Tallahassee, FL 32399  
Phone: 850-245-4323 FAX: 850-414-1622



## **Breastfeeding Friendly Self-Assessment**

1. *Our center provides an atmosphere that welcomes and promotes breastfeeding.* Yes\_\_\_ No\_\_\_

The center encourages mothers to visit and breastfeed during the day, if their schedules permit. Center employees are also encouraged to breastfeed their infants in care. There are breastfeeding posters on display and learning/play materials that promote breastfeeding (e.g. books that contain pictures of babies or animals nursing).

2. *Our center helps mothers continue to breastfeed their babies when they return to work or school.* Yes\_\_\_ No\_\_\_

Parents are told about the center's policies and services regarding breastfeeding. The center's information packet for new families includes information on breastfeeding that is not provided by or produced by formula companies. There is a quiet comfortable place that mothers can feed their babies or express breast milk.

3. *Our center has accurate written materials on breastfeeding topics available for all parents.* Yes\_\_\_ No\_\_\_

Staff is familiar with written materials and available community resources (support groups, La Leche League, lactation consultants, and local WIC agency) and refers moms as appropriate.

4. *Our center feeds infants on cue and coordinates feeding times with the mother's normal schedule.* Yes\_\_\_ No\_\_\_

Breastfed babies do not receive food or drink (other than breast milk) unless indicated. Parents are asked what they want the center to do if mom will be late and their baby is hungry or the supply of breast milk is gone.

5. *Our center trains all center staff so they are able to support breastfeeding.* Yes\_\_\_ No\_\_\_

Center staff convey a positive attitude that moms can return to work and continue to breastfeed and that the center can help them. Staff is trained about the benefits and normalcy of breastfeeding; the preparation, storage, and feeding of breast milk; and resources available for staff and parents.

6. *Our center has a written policy that reflects the center's commitment to breastfeeding.* Yes\_\_\_ No\_\_\_

Staff is familiar with the policy and it is available so that staff can refer to it.

### **Enclosed is a copy of our center's Breastfeeding Policy.**

Name of Center Director: \_\_\_\_\_ Signature: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_