

Breastfeeding Friendly Child Care: Self-Assessment

Your Name: _____ Date: _____

Child Care Facility Name: _____

The following six criteria describe ways that child care programs can provide optimal support for breastfeeding families. Below each step are specific actions to support that step. This assessment is used to evaluate your program’s change in practices after becoming “Breastfeeding Friendly” and also as a training tool to help your program improve its breastfeeding support.

Please read each statement and check the box that most accurately reflects the practices used in your program most of the time. If you are unsure, seek input from appropriate staff members. Answer as honestly as possible to identify which areas need the most improvement and where to focus your energy.

1. Staff Policy and Environment: *Support staff to breastfeed successfully by making a commitment to the importance of breastfeeding and sharing this commitment with staff.*

Criteria	Progressing	Breastfeeding Friendly	Breastfeeding Advocate
An explicit staff policy for supporting breastfeeding by guaranteeing breastfeeding staff time and space	<input type="checkbox"/> Exists informally, or is written but not regularly communicated to staff	<input type="checkbox"/> Is written, readily available, and regularly communicated to staff	<input type="checkbox"/> Is written, readily available, regularly communicated to staff, and posted or printed
Educational materials on the risks and benefits of different infant feeding options are available to all staff	<input type="checkbox"/> Are not available at our facility or are available upon request	<input type="checkbox"/> Are readily available	<input type="checkbox"/> Are actively distributed
A resource list of local lactation consultants and community providers who can answer breastfeeding and human milk feeding questions	<input type="checkbox"/> Is not available at our center or exists, but is not readily accessible to staff	<input type="checkbox"/> Is comprehensive, up-to-date, and readily accessible to staff	<input type="checkbox"/> Is comprehensive, up-to-date, readily accessible, and actively distributed to staff
Breastfeeding employees are given appropriate breaks so that they may express milk and/or nurse their babies as needed	<input type="checkbox"/> Sometimes, if they ask	<input type="checkbox"/> Always	<input type="checkbox"/> Staff are encouraged to bring babies to work
A designated area, other than a bathroom, for employees to nurse and/or express their milk	<input type="checkbox"/> Is not available or only available at certain times	<input type="checkbox"/> Is always available, has appropriate seating, is shielded from view and free from intrusion, and has an electrical outlet	<input type="checkbox"/> Is always available, has appropriate seating, is shielded from view, free from intrusion, has an electrical outlet, and is stocked with education materials and breastfeeding supplies

2. Staff Training: Train all staff in the skills to support optimal infant and young child feeding and continue updates and learning about protection, promotion, and support of breastfeeding annually.

Criteria	Progressing	Breastfeeding Friendly	Breastfeeding Advocate
Caregivers receive training on safe handling and storage of human milk	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> Pursue additional training more than 1 time per year*
Caregivers receive training on age-appropriate feeding practices, including recognizing infant hunger cues and feeding in response to those cues	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> Pursue additional training more than 1 time per year*
Caregivers receive training on the risks and benefits of different infant feeding options including support of exclusive breastfeeding	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> Pursue additional training more than 1 time per year*
In our center, reference materials for staff that include information on breastfeeding and human milk feeding	<input type="checkbox"/> Are not available or exist, but are not readily accessible to staff	<input type="checkbox"/> Are comprehensive, up-to-date, and readily accessible to staff	<input type="checkbox"/> Are comprehensive, up-to-date, readily accessible, and actively distributed to staff
Staff evaluations include a review of client breastfeeding support activities	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Always with infant room staff	<input type="checkbox"/> Always with all staff

*Additional training may include recommended webinars, seminars, Boulder County Public Health trainings, lactation management specialist training, and certified lactation counselor training.

3. Family Policy and Environment: *Inform women and families about the importance of breastfeeding and provide a breastfeeding-friendly environment.*

Criteria	Progressing	Breastfeeding Friendly	Breastfeeding Advocate
A written client/family policy for promoting and supporting breastfeeding	<input type="checkbox"/> Does not exist or exists, but is not distributed	<input type="checkbox"/> Exists, and is communicated and distributed to all potential clients and enrolling families	<input type="checkbox"/> Exists, is actively communicated and distributed to all potential clients and families, and is actively discussed during tours
Handouts and other educational materials that promote exclusive and any breastfeeding	<input type="checkbox"/> Are not available, or are available but not displayed	<input type="checkbox"/> Are displayed in more than one area	<input type="checkbox"/> Are displayed in more than one area and actively distributed or discussed with families
Breastfeeding mothers are encouraged to come to the center to nurse their children	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Always, including a written invitation in materials provided by the center	<input type="checkbox"/> Always, including a written invitation in materials provided by the center and the offer of breastfeeding support groups
A designated area, other than a bathroom, for mothers to breastfeed their infants	<input type="checkbox"/> Is not available or only available upon request	<input type="checkbox"/> Is always available, has appropriate seating, an electrical outlet, and is shielded from view and free from intrusion	<input type="checkbox"/> Is always available, has appropriate seating and an electrical outlet, is shielded from view and free from intrusion, and is stocked with educational materials and breastfeeding supplies
Posters that contain information about breastfeeding and photos of mothers and nursing babies	<input type="checkbox"/> Are not posted in our center or are displayed only in the infant room	<input type="checkbox"/> Are displayed in multiple locations in the center	<input type="checkbox"/> Are displayed in multiple locations in the center, no formula is in view, and the center has not received marketing donations from formula companies

4. Learning and Play for Children: *Provide learning and play opportunities that for children normalize breastfeeding.*

Criteria	Progressing	Breastfeeding Friendly	Breastfeeding Advocate
Toys and books that illustrate nursing animals and babies	<input type="checkbox"/> Are not available	<input type="checkbox"/> Are available to most of the children in our center	<input type="checkbox"/> Are available to all of the children in our center
We discuss the interactions between mothers and babies, including how they feed	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Most of the time, in most of our classrooms	<input type="checkbox"/> Often, in all of our classrooms

5. Breast Milk Storage and Handling: *Ensure that all breastfeeding families served are able to properly store and label milk for child care center use and that each infant has a feeding plan that supports best feeding practices.*

Criteria	Progressing	Breastfeeding Friendly	Breastfeeding Advocate
Refrigerator and freezer space for storage of expressed human milk	<input type="checkbox"/> Is not available at our center	<input type="checkbox"/> Is always available at the center	<input type="checkbox"/> Is always available at the center and a deep freezer is available as well
Breastfeeding families are instructed on how to properly label and store human milk for use in the child care facility	<input type="checkbox"/> Families rarely or never receive information on proper storage and handling of human milk	<input type="checkbox"/> Families receive information on proper storage and handling of human milk informally or in writing	<input type="checkbox"/> All families receive written guidelines on proper storage and handling of human milk for child care center use, and all human milk in the facility is properly labeled
We discuss with families how expressed milk will be handled at our child care center	<input type="checkbox"/> Rarely or never <input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually or always	<input type="checkbox"/> Always, in writing as well as verbally
A written feeding plan for each child under 15 months	<input type="checkbox"/> Does not exist or is not regularly updated	<input type="checkbox"/> Is written, accessible, and updated at least every three months	<input type="checkbox"/> Is written, accessible, and updated at least every month
As part of the feeding plan, support for breastfeeding is	<input type="checkbox"/> Not explicitly included <input type="checkbox"/> Sometimes included, but relies on the caregiver to add additional information to standard form	<input type="checkbox"/> Usually included, and part of the checklists/blanks to be filled in by parents and caregivers	<input type="checkbox"/> Always included, covering age-appropriate introduction of solid food, feeding in response to baby's cues, and inviting the mother to come to the center to nurse her baby
Feeding in response to a child's hunger cues	<input type="checkbox"/> Is not practiced at our center <input type="checkbox"/> Is practiced at our center, but not discussed with parents	<input type="checkbox"/> Is practiced at our center and discussed with all parents	<input type="checkbox"/> Is practiced at our center and discussed with all parents, and written materials are provided
We share the AAP*, WHO*, ABM* recommendation to feed breastmilk exclusively until 6 months of age	<input type="checkbox"/> Rarely or never <input type="checkbox"/> Sometimes, if asked	<input type="checkbox"/> Usually	<input type="checkbox"/> Always, and written materials are provided

* AAP=American Academy of Pediatrics, WHO=World Health Organization, ABM=Academy of Breastfeeding Medicine

6. Community Resources and Referrals: *Refer families to local breastfeeding resources, services, and skilled breastfeeding support.*

Criteria	Progressing	Breastfeeding Friendly	Breastfeeding Advocate
A list of community breastfeeding resources for referral	<input type="checkbox"/> Exists, but is not readily accessible to staff	<input type="checkbox"/> Is comprehensive, up-to-date, and readily accessible to families	<input type="checkbox"/> Is comprehensive, up-to-date, readily accessible to families, and actively distributed
We make referrals to community breastfeeding resources	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Actively and often
We track community referrals, following up with families as needed	<input type="checkbox"/> Never or rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Always

This checklist was adapted from the *Nutrition and Physical Activity Self-Assessment for Child Care (NAP-SACC)*, developed by the Center for Health Promotion and Disease Prevention, UNC Gillings School of Global Public Health, The University of North Carolina at Chapel Hill.

This assessment can be downloaded at BoulderCountyBreastfeeding.org.