



10 Steps to Breastfeeding Friendly Child Care Centers

1. Designate an individual or group who is responsible for development and implementation of the 10 steps.
2. Establish a supportive breastfeeding policy and require that staff be aware of and follow the policy.
3. Establish a supportive worksite policy for staff members who are breastfeeding.
4. Train all center staff to carry out breastfeeding promotion and support activities.
5. Create a culturally appropriate breastfeeding friendly environment.
6. Inform all expectant mothers, new families and visitors about your center's policies.
7. Engage in participatory learning experiences with the children related to breastfeeding.
8. Provide a comfortable place for mothers to breastfeed or pump their milk in privacy, if desired. Educate families and staff that a mother may breastfeed her child wherever they have a legal right to be.
9. Establish and maintain connections with your local breastfeeding coalition and other community resources.
10. Maintain an updated resource list of community breastfeeding services and resources kept in an accessible area for families.

