

Policies that Support Breastfeeding in Child Care Facilities

Typical elements of policies that support breastfeeding in childcare facilities include: (1) providing general breastfeeding support; (2) providing a designated place for breastfeeding; (3) not providing solids to infants younger than 4 months old; and (4) not providing formula to breastfed infants without permission from the infant’s parent or guardian.

Type of Laws and Policies	Background*	Examples** and Resources
Federal Policies	Both Child and Adult Care Food Program (CACFP) and Head Start contain provisions promoting breastfeeding.	<p>CACFP: Providers may receive reimbursement for meals when a breastfeeding mother comes to the childcare center or home and breastfeeds her infant. Only breastmilk and infant formula are served to infants 0 – 5 months old. CACFP used to reimburse for solids at 4 months but that has been changed to 6 months. These requirements are in the new meal pattern that goes into effect on 10/1/2017.</p> <p>Head Start: Programs must promote breastfeeding, including providing facilities to properly store and handle breast milk and making accommodations as necessary for mothers who wish to breastfeed during program hours. If necessary, programs must provide referrals to lactation consultants or counselors. Programs are also encouraged to provide educational materials to parents about breastfeeding.</p>
State Regulations	Regulations in many states include one or more of the four elements listed above, but few include all four. Delaware and Mississippi provide examples of comprehensive regulations.	<p>Mississippi: State law includes provisions on accommodations for breastfeeding mothers including center staff. MS Admin. Code. Title 15, Part 11, Subpart 55.</p> <p>Delaware: State law includes provisions on properly storing and handling breast milk. DE Admin. Code. Title 9, Sections 101 and 103.</p> <p>Resource: Benjamin Neelon SE, Duncan DT, Burgoine T, Mayhew M, Platt A. Promoting Breastfeeding in Child Care Through State Regulation. Maternal and Child Health Journal. 2014 Jul 8.</p>

State QRIS Standards	QRIS standards are not regulations, but rather state agency developed standards to encourage providers to improve quality of care provided to children.	<p>Montana: The state has a quality rating system that awards “points” for practices supporting breastfeeding.</p> <p>New Jersey: Grow NJ Kids is New Jersey’s QRIS program and it includes strong requirements on breastfeeding.</p> <p>State Quality Rating and Improvement Systems: Strategies to Support Healthy Eating and Physical Activity Practices in Early Care and Education Settings. Healthy Eating Research (2016)</p>
Local Regulations	Some states allow local governments to set licensing standards for child care providers. These states include New York, Florida, Alabama and Pennsylvania.	<p>Jefferson County, Alabama: Local licensing regulations for child care providers include provisions on how to support breastfeeding mothers.</p>
Child Care Wellness Policies	As an alternative to federal, state, or local regulations, communities can work with providers to adopt institutional wellness policies.	<p>Connecticut: The State Department of Education has prepared a model policy which includes provisions on how child care providers can support breastfeeding mothers.</p>
Child Care Provide Recognition Programs	As an alternative to federal, state, or local regulations, some communities and states have adopted recognition programs covering a range of best practices, including breastfeeding.	<p>Wood County, Wisconsin: Wood County has a breastfeeding friendly child care provider program, which includes 10 steps providers must complete to become breastfeeding-friendly. The program includes the following components: (1) training all center staff on breastfeeding basics; (2) assessing the center’s initial status; (3) creating an action plan to meet all 10 steps; and, upon completion, recognition as a breastfeeding friendly center. The center is then recognized as breastfeeding friendly on the Child Care Resource & Referral list.</p> <p>Boise, Idaho: The city offers a Healthy Child Care Provider designation for licensed facilities meeting all applicable Healthy Initiatives. BoiseChildCare.com identifies providers receiving this designation.</p>

*Policy standards are frequently based on: American Academy of Pediatrics, American Public Health Association, & National Resource Center for Health and Safety in Child Care and Early Education. (2011). Caring for our children: National health and safety performance standards; Guidelines for early care and education programs (3rd ed.). Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association. Accessed 3/10/2017, from <http://nrckids.org>.

**While the examples listed provide good illustrations of the given policy, they do not necessarily represent “model” policies. Rather, we hope these examples will serve as a starting point for communities thinking about breastfeeding strategies in child care settings.