



## Continue your learning

### Taking Steps to Healthy Success: Breastfeeding Support

These resources include additional tools, information, and methods to implement the strategies you learned in this lesson. You may want to save an electronic copy of this handout, as hyperlinks for each of the resources are included, for future reference or to pass on to co-workers or families.



### Off-the-shelf toolkits and guides

[How to Meet the Needs of Breastfed Babies in Child Care](#) – Child care providers play an important role in helping mothers succeed in their decision to breastfeed. Use this toolkit from the Massachusetts Department of Public Health as a guide to create or strengthen an existing breastfeeding-friendly program.

Supporting Breastfeeding Families: A Toolkit for Child Care Providers – This toolkit from the Alameda County Breastfeeding Coalition is designed to help child care centers, family child care programs, and in-home caregivers support breastfeeding families. The toolkit is available in English, Spanish, and Chinese.

- [English](#)
- [Spanish](#)
- [Chinese](#)
- Several other resources are available on [Alameda County's Breastfeeding Coalition website](#)

[Ten Steps to Breastfeeding Friendly Child Care Centers](#) – This toolkit from the Wisconsin Department of Health Services shows how to set up a breastfeeding-friendly program into ten easy steps. To begin, take the self-appraisal to review your program's existing practices, areas of strength, and opportunities for improvement. Then, using the self-appraisal as a guide, determine areas to prioritize, and work your way through the ten steps to create a breastfeeding-friendly program.

[Feeding Guidelines for Infants and Young Toddlers: A Responsive Parenting Approach](#) – The aim of the guidelines in this report is to empower caregivers to address the nutritional status and well-being of infants and toddlers by offering them healthier food and beverage options in response to their hunger and satiety cues. Report developed by the Healthy Eating Research Program, Robert Wood Johnson Foundation.



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## Videos and other trainings

[Alameda County's Breastfeeding Friendly Childcare](#) – Alameda County Breastfeeding Coalition developed a training for child care providers about the benefits of breastfeeding. This one-hour training includes information and tips that are applicable to all child care programs and is available free of charge.

[Florida Breastfeeding Friendly Child Care Facility](#) – The Florida Department of Health implemented a CACFP Breastfeeding Friendly initiative that recognizes child care centers and family child care homes with standards and policies supporting breastfeeding. The Department, in partnership with the Florida Breastfeeding Coalition, developed a live webinar and online training module (available in English and Spanish) to assist all child care facilities with creating and maintaining an environment that promotes and normalizes breastfeeding.

[How to Support Breastfeeding Mothers & Families: A Simple Guide for Child Care Providers](#) – Watch this 10 minute video from the Breastfeeding Coalition of Oregon and the Indiana Perinatal Network to learn more about how your child care program can support breastfeeding.

[Introduction to Supporting the Breastfeeding Family: A Simple Guide for Kansas Child Care Providers](#) – Review this PowerPoint presentation to learn more about the benefits of breastfeeding, behaviors of a breastfed baby, how to make bottle feeding easier for breastfed babies, the importance of your knowledge and encouragement, and simple steps to help families reach their goals. The training was developed for Kansas providers by the Kansas Breastfeeding Coalition and Kansas Child Care Training Opportunities, but much of the content is applicable to all child care programs.

[Responsive Feeding](#) – The American Academy of Pediatrics (AAP) has resources to explain and promote responsive feeding including a video, infographic, and tip pages.

[Supporting the Breastfeeding Mother](#) – This Power Point presentation can be used to train child care providers on the importance of breastfeeding and strategies to create a breastfeeding friendly program. Review these slides to learn tips about storing breastmilk safely on site, bottle feeding infants, and reading infants' hunger cues. This training was developed by the Texas Department of Public Health, and while some of the slides are specific to the state, much of the information included on the slides are applicable to all child care programs.

Visit the [Texas Department of State Health Services' website](#) for more materials and resources.

## Additional learning opportunities from Better Kid Care



**On Demand modules:**

[Childhood Obesity Prevention: LMCC – Support Infant Feeding](#) – This On Demand module presents the benefits of breastfeeding, and suggests practical solutions for encouraging and supporting mothers to breastfeed their babies.



**Research-to-Practice articles:** Check out these quick tips for supporting breastfeeding at your program.

[Be a caregiver who supports the breastfeeding mother](#) – Research shows that breastfeeding is best for growth and development of infants and offers many health benefits. The caregiver plays a vital role in supporting breastfeeding mothers. Review this tip sheet to learn what you can do to support nursing mothers and families.

[Preparing and storing breast milk in your home child care program](#) – Provide infants and mothers the opportunity to continue breastfeeding or to use breast milk in bottles. Review this tip sheet to learn more about preparing and storing breast milk in your home child care program.

[Support breastfeeding in your home child care](#) – Learn how your home child care program can support breastfeeding. Review this tip sheet to learn the importance of breastfeeding, what quality support looks like, and ways to provide comfort and support to nursing mothers.

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## Printable resources

Breastfeeding is Supported Here – The Carolina Global Breastfeeding Institute’s website has several printable posters freely available for child care programs. Be sure to check out [Carolina Global Breastfeeding Institute’s website](#) for more resources.

- [Breastfeeding Welcome Here Poster](#)
- [Our Child Care Center Supports Breastfeeding Poster](#)
- [Our Child Care Center Supports Breastfeeding](#) Handout

[Store and Handle Breast Milk Safely](#) – This colorful poster from USDA can be printed and posted in your program to ensure breastmilk is stored and handled safely at all times.



## Self-assessment tools

[Go NAP SACC](#) – Go NAP SACC self-assessments help early care and education programs compare their nutrition and physical activity practices to best practice standards. Each assessment tool includes how-to instructions, making it easier for providers to assess their program.

[C.H.O.I.C.E Toolkit & Self-Assessment Questionnaire](#) – This questionnaire will show you how your child care home or center compares with recommended nutrition and physical activity guidelines.

[Healthy Kids, Healthy Future Checklist Quiz](#) – This simple checklist quiz will help you assess your program’s physical activity, nutrition, and screen time practices.

[Ten Steps to Breastfeeding Friendly Child Care Centers](#) – This toolkit breaks down how to set up a breastfeed friendly program into ten easy steps.



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## Resources for families

Incorporate information about breastfeeding into parent newsletters or your program's social media. These articles from KidsHealth are great ways to provide parents with information about the many benefits of breastfeeding.

- [Breastfeeding vs. Formula Feeding](#)
- [Safely Storing Breast Milk](#)
- [Solids and Supplementing](#)
- [Finger Foods for Babies](#)

[A Guide to Pumping Milk](#) – This guide from La Leche League describes different types of pumps, and how to make pumping as comfortable, effective and stress-free as possible.

[Fathers Can Support Breastfeeding](#) – This USDA pamphlet educates fathers on how they can be supportive of breastfeeding and how they can bond with the baby.

[Healthy From the Start](#) – Learn how feeding nurtures your infant and toddler's body, heart, and mind. From ZERO TO THREE.

[Project Breastfeeding](#) – This is a dynamic, engaging, and thought-provoking resource for mothers and fathers about the advantages of breastfeeding. Project Breastfeeding aims to de-stigmatize public breastfeeding, educate men, and empower women.

[Your Guide to Breastfeeding](#) – The U.S. Department of Health and Human Services Office on Women's Health (OWH) is raising awareness of [the importance of breastfeeding](#) to help mothers give their babies the best start possible in life. In addition to this guide, OWH offers online content at [It's Only Natural](#).



## Other resources

[Breastfeeding Answers from La Leche League International](#) – Check out answers to several breastfeeding and parenting questions on La Leche League International.

[Breastfeeding Report Card 2014](#) – National Center for Chronic Disease Prevention and Health Promotion, a state by state report of breastfeeding and support practices.

The digital version of this PDF has clickable links to the resources. If you have this PDF in printed form, you can search the terms online to find the resources.



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