

## Day Care Home Breastfeeding Friendly Self-Assessment

Check here, if renewing

CACFP Agreement # \_\_\_\_\_ Provider # \_\_\_\_\_

Name of Sponsor \_\_\_\_\_

Protecting, promoting and supporting breastfeeding is an important part of public health. The Child and Adult Care Food Program (CACFP) in New York State invites you to join a national effort to support breastfeeding mothers and babies.

A day care home that is Breastfeeding Friendly actively supports breastfeeding families and helps mothers to continue breastfeeding when they return to work or school.

If you would like your day care home to be designated as Breastfeeding Friendly, complete the information below and the self-assessment form on the back. The self-assessment form lists six standards with best practices. The best practices are provided to help you meet the standards. When you can answer **Yes** to all six standards, **give the completed form to your CACFP Sponsor**. The Sponsor sends it to CACFP. Answer **Yes** to item #7 to have your day care home advertised as Breastfeeding Friendly on the CACFP website. The designation expires three years from the issue date and you will need to complete a renewal at that time.

Name of Provider \_\_\_\_\_

Name of Day Care Home (if different) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

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

License/Registration # \_\_\_\_\_

This institution is an equal opportunity provider.

**Breastfeeding Friendly Self-Assessment**

- 1. My day care home is a place where breastfeeding families are welcome.** Yes \_\_\_ No \_\_\_
- I encourage mothers to visit and breastfeed during the day.
  - When meeting with new families, I include information about how I support breastfeeding.
  - There is a sign/poster visible to mothers so they know breastfed babies are welcome. (renewals only)
- 2. My day care home helps mothers to continue breastfeeding their babies when they return to work or school.** Yes \_\_\_ No \_\_\_
- I make a comfortable place available for mothers to nurse their infants before or after work.
  - Group Day Care Homes: I ensure that nursing mothers employed by our home have reasonable breaks each day to express milk, and reasonable efforts are made to provide a room or other location (not a bathroom) to express milk in privacy. \*Required by Section 206-c of NYS Labor Law.
- 3. My day care home has accurate written materials on breastfeeding topics available for all parents.** Yes \_\_\_ No \_\_\_
- I offer written materials that are easy to understand and are not produced by formula companies.
  - I understand the written materials about breastfeeding that I offer to parents.
  - I can tell moms about community resources like support groups, WIC Breastfeeding Coordinators and lactation consultants.
  - I have contact information and can refer moms to community resources as needed.
- 4. My day care home feeds infants on demand and coordinates feeding times with the mother's normal feeding schedule.** Yes \_\_\_ No \_\_\_
- I develop an infant feeding plan with each family as infants enroll. The plan is updated as infants move through the stages of development.
  - I do not give breastfed babies food/drink, other than their mother's breast milk, unless indicated in the feeding plan.
  - I feed infants based on their hunger and fullness cues.
  - Refrigerator and freezer space is available for pumped breast milk which is labeled with the infant's full name and the date it was pumped.
  - I encourage mothers to provide a small backup supply of frozen breast milk in case the infant needs to eat more often or the pickup time is delayed.
- 5. My day care home is prepared to support breastfeeding moms.** Yes \_\_\_ No \_\_\_
- I am trained about the benefits of breastfeeding, how to prepare, feed and store human milk, and the breastfeeding resources available for parents.
  - If group day care, training for my assistant(s) is given soon after they are hired.
- 6. My day care home will post the Breastfeeding Friendly certificate to show my commitment to breastfeeding.** Yes \_\_\_ No \_\_\_
- 7. I agree to have contact information for my day care home advertised on the Breastfeeding Friendly Child Care listing. <http://www.health.ny.gov/prevention/nutrition/cacfp/bfmap2.htm>** Yes \_\_\_ No \_\_\_

Signature of Provider \_\_\_\_\_ Date \_\_\_\_\_

Signature of Sponsor Representative \_\_\_\_\_ Date Reviewed \_\_\_\_\_

\*Section 206-c of New York State Labor Law: Right of Nursing Mothers to Express Breast Milk  
<http://www.labor.ny.gov/workerprotection/laborstandards/pdfs/guidelinesexpressionofbreastmilkfinal.pdf>