



Tips for Starting your Breastfed Baby in Child Care

A Toolkit for Parents/Guardians

Returning to work or school after having a baby is often a difficult time for any parent or caregiver. By having a breastfeeding-friendly child care provider, you know you and your baby will be supported.

Talk with your child care provider frequently about your baby, share your needs and wants for your baby's care. Ask to complete a written feeding plan and remember to review and update it regularly.

The following pages provide some tips to help prepare you for starting your baby in child care.

Remember, breasts make milk in response to your baby nursing. The more milk your baby and pump take, the more your body will make!

For more information about breastfeeding and additional resources and tips, visit www.breastfeedcolorado.com.

Before returning to work or school

- Practice pumping your breasts at least 2 weeks before starting child care. Pump after the morning feeding or at other times when your breasts feel fuller and your baby may not have completely emptied both breasts.

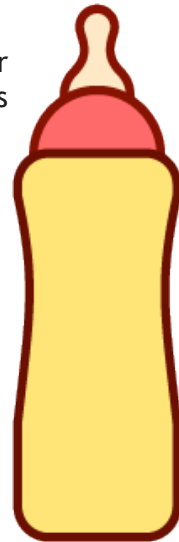


- Pumping takes practice. Do not be surprised or worried if you only get a little the first few times. Moms typically make ½ to 1 ounce of breast milk per hour.
- Consider using breast massage techniques to improve your pumping sessions. For information and videos visit: www.breastfeedcolorado.com under the Parents tab.
- Ask a lactation consultant, WIC office staff or healthcare provider for advice or tips on pumping and keeping an adequate milk supply.
- When away from your baby, pump as often as your baby would usually nurse (or at least every 3-4 hours) to maintain your supply. Always try to empty both breasts entirely at each pumping session.

Preparing Your Baby for a Bottle

Many breastfed babies may not be willing to eat from a bottle at first. Try to give your baby a bottle regularly for **at least two weeks** before your baby begins child care. Some tips to try:

- Have someone else feed your baby from a bottle. Some babies associate mom with the pleasure of nursing. Your baby may be more willing to take a bottle if you are not in the room.
- Offer a bottle when your baby is relaxed and not quite ready for a feeding. Do not offer a bottle when your baby is very hungry or upset.
- Only put a small amount of breast milk (1 to 3 ounces) in the bottle to avoid wasting milk if your baby refuses.
- Try warming the bottle's nipple under warm running water to bring it to near body temperature.
- Do not force the bottle into your baby's mouth. Tickle your baby's mouth gently with the bottle nipple and let your baby draw the nipple into his or her mouth.
- No matter the age of your baby, use slow flow or newborn (size 0) bottle nipples to better copy the flow of milk from human nipples.
- Offer a bottle in different feeding positions, especially those different from your usual nursing positions. Try giving a bottle while moving rhythmically - walking, rocking or swaying.
- If your baby refuses, try again later. Try different bottle nipple types and shapes to find one your baby likes. Try different temperatures of the breast milk.



Continue to breastfeed directly at the breast whenever you are with your baby. Direct breastfeeding may provide additional health benefits for your baby and will help maintain your milk supply.

Growth spurts

Most babies' appetites get bigger around the same time they grow. **Every baby is different**, but typical growth spurts often occur at:



2 to 3 weeks

4 to 6 weeks

3 months

4 months

6 months

9 months

During growth spurts, your baby's schedule may change and they may eat and sleep more than usual.

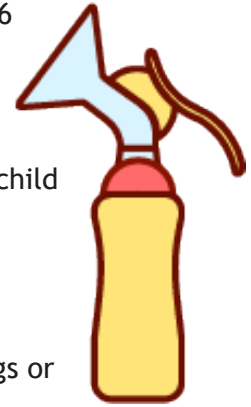
Babies need more food as they grow and you may not have enough milk at first.

Nurse and pump more often during these spurts and your milk supply will likely get larger in response within 3 to 4 days.

Giving formula during a growth spurt will send a message to your body not to make more milk and will not help breastfeeding.

How much breast milk should I give my provider?

Exclusively breastfed babies between 1 and 6 months old eat an average of 25 ounces of breast milk each day. However, every baby is different and eats different amounts.



To estimate the amount of breast milk your child care provider may need each day:

- Estimate the number of times your baby usually nurses each day (in 24 hours)
- Divide 25 ounces by the number of nursings or feedings.

Example: If your baby usually nurses around 8 times a day, you can guess your baby may need around 3 ounces of breast milk at each feeding ($25 \div 8 = 3.1$).

Babies younger than 1 month old and babies older than 6 months who eat more solid foods may eat less breast milk.



The older baby

Medical experts agree it is best to wait until your baby is around 6 months old before offering any food other than breast milk. This includes not adding cereal to bottles.

Offering cereal or formula does not help a baby sleep through the night.

Research shows starting solid foods early can cause allergies to develop, lower your milk production and may lead to early weaning.

Cow's milk should not be given to babies under 1 year of age, because it is difficult to digest and is hard on a baby's organs.

Many women choose to breastfeed beyond 12 months. Feeding breast milk from a cup at a child care is both allowed and encouraged by licensing and health departments. Health experts encourage longer breastfeeding for more health benefits for both you and your baby.

Nursing strikes

A nursing strike is when a breastfed baby suddenly refuses the breast. This is normal for some babies.

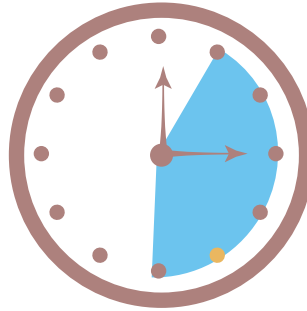
During a nursing strike a baby may cry, arch, pull away from the breast and will usually accept bottles with no problem. A nursing strike can cause a decrease in your milk supply, so it is important for you to continue to offer your breasts to your baby often and pump to maintain your milk supply.

Try nursing when your baby is calm and not upset. Increase your skin-to-skin contact with your baby. Some moms find breastfeeding in the dark when baby is sleepy to be helpful. Consider contacting a lactation consultant for support.



WIC is a nutrition program that provides free healthy food, breastfeeding support and other services to Colorado families who qualify. WIC is for pregnant or breastfeeding women and children younger than 5 years old. If you get TANF, SNAP or Medicaid, you are automatically eligible for WIC. To find a local WIC clinic visit www.coloradowic.com.

Reverse cycling



Reverse Cycling is when a baby nurses frequently at night and eats less often during the day. This may occur with babies just starting out on a bottle. Give your provider small amounts of milk per bottle so there is less waste. Be patient and this phase will pass.

For tips on how to handle reverse cycling, see <http://kellymom.com/bf/normal/reverse-cycling/>.

Colorado's laws support breastfeeding

Workplace Accommodations for Nursing Mothers Act



Requires all employers to:

- Provide reasonable unpaid break time, or allow an employee to use paid break and/or meal time, to express breast milk for her nursing child up to 2 years after the child's birth.
- Make reasonable efforts to provide a nursing mother with a private location in close proximity to her work area (other than a toilet stall) in which to express milk.
- Not discriminate against women for expressing milk in the workplace.

Breastfeeding in Public Act

A mother may breastfeed in any place she has a right to be.

Postponement of Jury Service for a Person Who is Breastfeeding a Child Act

A person who is breastfeeding a child is eligible for two, 12-month postponements of jury service.

For more information about the laws, visit www.cobfc.org.



Storing Breast Milk

- Store your breast milk in small amounts (1 to 3 ounces). Your baby may not eat a large amount at one feeding and your milk is too valuable to waste!
- Consider freezing milk in ice cube trays and storing the cubes in breast milk storage bags for ease of thawing later.
- Only store breast milk in clean glass or BPA-free plastic bottles with tight fitting lids and storage bags approved for breast milk. Do not use ordinary plastic storage bags. They are not meant for breast milk storage and could easily leak or spill.
- Always label bottles and storage containers with your child's name and the date.
- Store milk toward the back of the refrigerator or freezer, where the temperature is more constant. Avoid storing in the door.
- Milk stored for longer times in the temperature ranges listed in the storage tables is safe, but some of the fats in the milk can break down over time, causing lower quality nutrition.
- Be sure to keep breast milk cold during transport to your child care provider. When using insulated coolers, keep ice packs in contact with milk containers at all times and limit how often the cooler bag is opened.
- Once frozen milk has begun to thaw, it cannot not be refrozen. Thawed breast milk must be used within 24 hours.

According to Colorado health and sanitation regulations, breast milk left at room temperature for over 1 hour should not be fed to your child, but may be returned to you. However, any breast milk not finished by your child after 1 hour must be thrown away as harmful bacteria can grow making the milk unsafe.

Please note - breast milk storage guidelines may differ in temperature requirements and length of storage time according to the regulatory agency. In Colorado, child care providers must follow health and sanitation regulations; however, you may store breast milk differently in your own home.

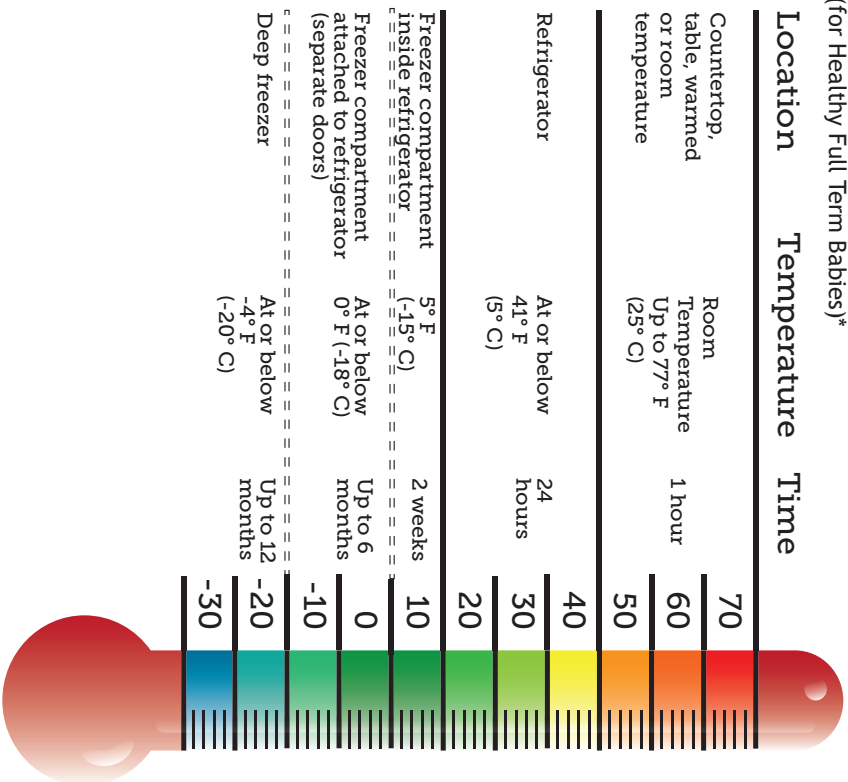
NEVER microwave breast milk or formula. The microwave can destroy some important nutrients and can cause dangerous "hot spots" that can burn a child's mouth.

Breast milk is a food. Gloves are NOT required. Colorado Rules and Regulations Governing the Health and Sanitation of Child Care Facilities do not require gloves when preparing breast milk or formula bottles.

Child Care

Breast Milk Storage Guidelines

(for Healthy Full Term Babies)*



*Storage times and temperatures may vary for premature or sick babies. Check with your healthcare provider.

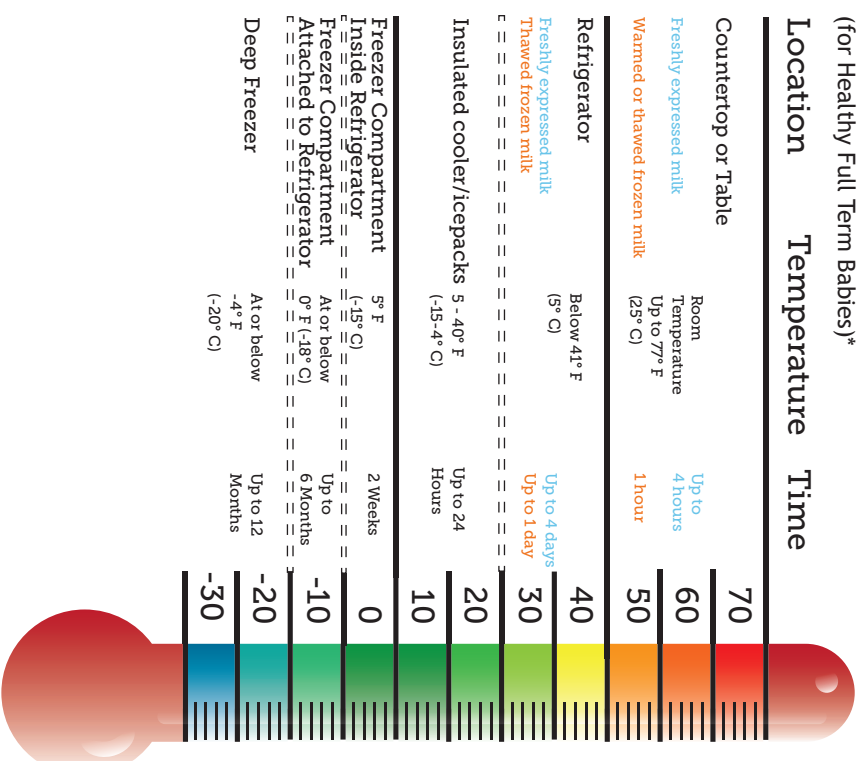
- Storage Table References
1. Rules and Regulations Governing the Health and Sanitation of Child Care Facilities in the State of Colorado, 6 CCR 1010-7 7.12.3.
 2. Caring for Our Children: National Health and Safety Performance Standards, third edition. 4.3.1.9.
 3. Centers for Disease Control and Prevention (CDC). http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm.
 4. USDA. Human Milk Storage Guidelines for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), 2016.

Breast milk unopened and not used the day it was prepared or received must be returned to the parent/guardian (or discarded) at the end of the day, according to health and safety regulations. This does NOT apply to frozen breast milk.

Parent/Guardian

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- Storage Table References
1. Centers for Disease Control and Prevention (CDC). Proper Handling and Storage of Human Milk. 2010. http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm.
 2. USDA. Human Milk Storage Guidelines for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), 2016.

Additional Resources

On www.breastfeedcolorado.com, you will find resources about pumping breast milk, breast milk storage, breast massage, local breastfeeding resources, baby behavior and returning to work.

- Office on Women’s Health (OWH) is a great resource for general breastfeeding information, pumping tips and employer information, including the Business Case for Breastfeeding toolkit, resources and suggestions for how an employer can creatively create a breastfeeding space. Call the OWH Helpline at 1-800-994-9662 or visit www.womenshealth.gov/breastfeeding/business-case-for-breastfeeding.html.
- The Centers for Disease Control and Prevention (CDC) website contains useful information on breastfeeding and breast milk, including national recommendations and guidelines, breast milk handling and storage, policies and more. www.cdc.gov/breastfeeding.
- The Colorado Breastfeeding Coalition (COBFC) website provides useful handouts, resources and materials, including information specific to state breastfeeding laws and local breastfeeding events. Find out if your local community has a breastfeeding coalition by visiting www.cobfc.org.
- Boulder County has many beneficial breastfeeding toolkits and materials, including a toolkit for employers, a toolkit for moms, child care trainings and community resource information. www.bouldercounty.org/family/pregnancy/pages/breastfeeding.aspx.
- WIC - Find your local WIC clinic for breastfeeding support, education, breast pumps, healthy foods, nutrition education and more. www.ColoradoWIC.com.
- La Leche League - Find local breastfeeding support groups, breastfeeding handouts and tips addressing common breastfeeding issues. www.llli.org.
- Kellymom - provides general breastfeeding information and resources. kellymom.com.
- Zero to Three - Child care resources for families. www.zerotothree.org/early-learning/child-care.
- American Academy of Pediatrics (AAP) - Bright Futures resources for families. brightfutures.aap.org/families/Pages/Resources-for-Families.aspx.
- Lactation Education Resources offers free downloadable handouts for parents in multiple languages. www.lactationtraining.com/resources/handouts-parents.
- WIC Works contains free handouts for parents on breastfeeding and nutrition. wicworks.fns.usda.gov/nutrition-education/participant-resources/breastfeeding-moms.

Find a lactation consultant at the International Lactation Consultant Association (ILCA). www.ilca.org/why-ibclc/falc.



Thank you to the Breastfeeding in Child Care Advisory Committee and Boulder County Public Health for guiding the creation of this document.

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The Colorado Department of Public Health and Environment acknowledges that generations-long social, economic and environmental inequities result in adverse health outcomes. They affect communities differently and have a greater influence on health outcomes than either individual choices or one's ability to access health care. Reducing health disparities through policies, practices and organizational systems can help improve opportunities for all Coloradans.

