

Breastfeeding-Friendly Child Care Self-Assessment for Centers

Your Name: _____ Date: _____

Child Care Name: _____

The following sections describe ways child care professionals can provide the best support for breastfeeding families. Below each section are specific actions and recommended practices.

Use this assessment to understand your current practices, to track changes in your program and as a training tool to help your program improve its breastfeeding support.

Please read each Practice below and check the box that best reflects the practices most often used in your program currently. To be considered Breastfeeding-Friendly, all checks should be in either the “Breastfeeding-Friendly” or “Breastfeeding Advocate” columns.

Commitment to Breastfeeding Section

Make a commitment to the importance of breastfeeding, including written policies and procedures and supporting staff’s decision to breastfeed.

Practice	Progressing	Breastfeeding-Friendly	Breastfeeding Advocate
A clear written policy supporting breastfeeding for both families and staff (must guarantee employees have adequate time and space to breastfeed or pump) - See sample policy	<input type="checkbox"/> Exists informally, or is written but not regularly communicated to staff	<input type="checkbox"/> Is written, easily available and regularly communicated to staff, families (including potential families) and visitors	<input type="checkbox"/> Is written, easily available, regularly communicated to <i>all</i> staff, families and visitors, <i>and</i> is posted, printed or displayed and actively discussed on tours
Staff and families receive accurate printed materials and information about breastfeeding	<input type="checkbox"/> Are not available at our program or are available upon request by our staff and families	<input type="checkbox"/> Are easily available at our program for our staff and families	<input type="checkbox"/> Are actively distributed to <i>all</i> staff, families and visitors
Breastfeeding staff are given appropriate breaks to pump breast milk and/or nurse their children, as needed	<input type="checkbox"/> Sometimes, if they ask	<input type="checkbox"/> Always	<input type="checkbox"/> Always <i>and</i> are encouraged to bring their children to work or enroll their children in the program
Exclusively breastfed babies are fed only breast milk during the first 6 months, meaning no formula, water or solid foods are fed, without prior permission from the family	<input type="checkbox"/> Sometimes, but not all the time	<input type="checkbox"/> Always	<input type="checkbox"/> Always <i>and</i> information is provided to all families about waiting until 6 months to feed solid foods (AAP recommendation)

Education and Training Section

Train yourself and staff in the skills needed to support breastfeeding, require continued education updates at least once a year and provide education to families and visitors.

Practice	Progressing	Breastfeeding-Friendly	Breastfeeding Advocate
Staff receive training on breastfeeding, including the health benefits, importance of exclusive breastfeeding and supportive practices	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> Once each year, for staff providing direct care of babies	<input type="checkbox"/> <i>At least</i> once each year, <i>all</i> staff - pursue additional training more than one time each year*
Staff receive training on safe handling and storage of breast milk	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> Once each year, for staff providing direct care of babies	<input type="checkbox"/> <i>At least</i> once each year, <i>all</i> staff - pursue additional training more than one time each year*
Staff receive training on age-appropriate feeding practices, including recognizing baby hunger cues and feeding in response to cues	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> Once each year, for staff providing direct care of babies	<input type="checkbox"/> <i>At least</i> once each year, <i>all</i> staff - pursue additional training more than one time each year*
In our program, reference materials for staff that include information on breastfeeding and breast milk feeding	<input type="checkbox"/> Are not available, or exist but are not easily accessible to staff	<input type="checkbox"/> Are comprehensive, up-to-date and easily accessible to staff	<input type="checkbox"/> Are comprehensive, up-to- date, easily accessible <i>and</i> actively distributed to staff
Staff evaluations include a review of client breastfeeding support activities	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Always with infant room staff	<input type="checkbox"/> Always with <i>all</i> staff

*For training ideas/options visit www.breastfeedcolorado.com under the Child Care tab.

Breastfeeding-Friendly Environment Section

Create a culture and environment at your program that is openly supportive of breastfeeding.

Practices	Progressing	Breastfeeding-Friendly	Breastfeeding Advocate
A clean, designated area, (other than a bathroom,) for staff, families and visitors to nurse and/or express breast milk	<input type="checkbox"/> Is not available or only available at certain times	<input type="checkbox"/> Is always available (not a bathroom), has appropriate seating, is private (shielded from view, free from intrusion) and has access to an electrical outlet	<input type="checkbox"/> Is always available (not a bathroom), has appropriate seating, is private (shielded from view, is free from intrusion), has an electrical outlet <i>and</i> is stocked with education materials and breastfeeding supplies
Breastfeeding families are encouraged to come and nurse or feed their children onsite	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Always, including a written invitation in materials provided by the program	<input type="checkbox"/> Always, including a written invitation in materials provided by the program <i>and</i> the offer of breastfeeding support groups
Adequate refrigerator and freezer space for the storage of breast milk	<input type="checkbox"/> Is not available onsite	<input type="checkbox"/> Is always available onsite	<input type="checkbox"/> Is always available onsite <i>and</i> a deep freezer also is available
Posters that contain information about breastfeeding and photos of breastfeeding children and animals*	<input type="checkbox"/> Are not posted or are displayed only in the infant room	<input type="checkbox"/> Are displayed throughout and formula and formula marketing materials are hidden from view	<input type="checkbox"/> Are displayed in <i>multiple locations</i> , formula and formula marketing materials are hidden from view <i>and</i> the program has not received anything free from formula companies
Toys and books that show breastfeeding children and nursing animals	<input type="checkbox"/> Are not available	<input type="checkbox"/> Are available to most of the children in our program	<input type="checkbox"/> Are available to <i>all</i> of the children in our program

*For posters visit www.breastfeedcolorado.com under the Child Care tab.

Communication Section

Build strong relationships and communicate regularly with your staff and families.

Practices	Progressing	Breastfeeding-Friendly	Breastfeeding Advocate
A written feeding plan for each child under 15 months	<input type="checkbox"/> Does not exist or is not regularly updated or communicated with families	<input type="checkbox"/> Is written, accessible, communicated with families, and updated at least every three months	<input type="checkbox"/> Is written, accessible, communicated with families, and updated at least <i>every</i> month
Feeding in response to a child's feeding cues	<input type="checkbox"/> Is not practiced in our program or is not discussed with families	<input type="checkbox"/> Is practiced in our program and discussed with all families	<input type="checkbox"/> Is practiced in our program, discussed with all families, <i>and</i> written materials are provided
Breastfed children are not fed in the last 1 to 1.5 hours before scheduled pick up time	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Always, with regular communication and coordination of family schedules	<input type="checkbox"/> Always, with regular communication and coordination of family schedules, <i>and</i> encouragement of families to feed onsite
Instructions on how to properly label, handle and store breast milk for use in the child care program is provided to staff and families	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Regularly as needed, informally or in writing, all breast milk is properly labeled	<input type="checkbox"/> Regularly as needed, as written guidelines, all breast milk is properly labeled, <i>and</i> additional storage and pumping information is regularly provided
Handouts and other educational materials that promote exclusive and any breastfeeding	<input type="checkbox"/> Are not available, or are available but not displayed	<input type="checkbox"/> Are regularly available and displayed	<input type="checkbox"/> Are regularly available, displayed in <i>more than one</i> area <i>and</i> actively distributed or discussed with families
Breastfeeding supportive practices on program marketing or advertising materials for the public	<input type="checkbox"/> Are not included	<input type="checkbox"/> Are available in printed information and on the program's website and/or social media	<input type="checkbox"/> Are available in printed information, on the program's website and social media, <i>and</i> are actively promoted as an advertising message

Resources Section

Refer families to local breastfeeding resources, services and skilled breastfeeding support.

Practices	Progressing	Breastfeeding-Friendly	Breastfeeding Advocate
A list of community breastfeeding resources and referrals	<input type="checkbox"/> Exists but is not easily accessible to staff and families	<input type="checkbox"/> Is comprehensive, up-to-date and easily accessible to staff and families	<input type="checkbox"/> Is comprehensive, up-to-date, easily accessible to families <i>and</i> actively distributed
We make referrals to community breastfeeding resources	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Actively <i>and often</i>