



10 Steps to a Breastfeeding Friendly Child Care Center

1. Designate an individual or group who is responsible for development and implementation of the 10 steps.
2. Establish a supportive breastfeeding policy and require all staff be aware of and follow the policy.
3. Establish a supportive worksite policy for staff members who are breastfeeding.
4. Train all staff so that they are able to carry out breastfeeding promotion and support activities.
5. Create a culturally appropriate breastfeeding friendly environment.
6. Inform expectant and new families and visitors about your center's breastfeeding friendly policies.
7. Stimulate participatory learning experiences with the children that are related to breastfeeding.
8. Provide a comfortable place for mothers to breastfeed or pump their milk in privacy. Educate families and staff that a mother may breastfeed her child wherever they have a legal right to be.
9. Establish and maintain connections with local breastfeeding coalition or community breastfeeding resources.
10. Maintain and updated resource file of community breastfeeding service and resources kept in an accessible area for families.

Source: Wisconsin Nutrition, Physical Activity and Obesity Program, Ten Steps to Breastfeeding Friendly Child Care Centers Resource Kit