



PUBLIC HEALTH

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HEALTHIER WASHINGTON**

“Supporting the Breastfeeding
Mom in Child Care”

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At the end of this presentation participants will be able to:

1. State the benefits of breastfeeding to women, children and society.
2. List the proper steps to label, store and handle breastmilk in child care settings.
3. Describe 3 ways you can support breastfeeding families.

You make a difference!

Child care providers are an important part of each mom's support system.



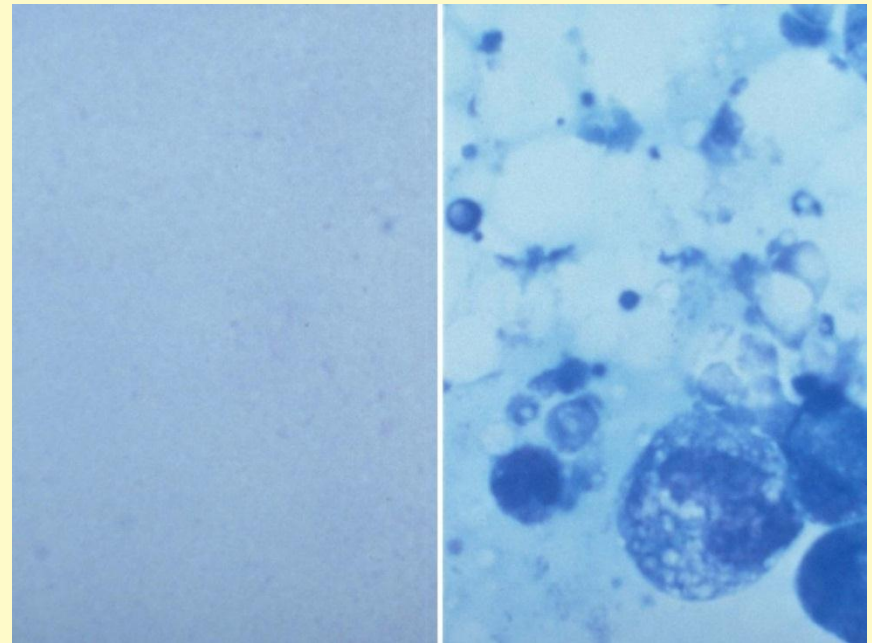
Mom's milk “The Gold Standard”

- Mom's milk is more than food
- Her milk is custom made for her baby
- Breastmilk helps develop a healthy immune system
- These effects last a lifetime



Human milk can't be copied

Enzymes, antibodies, hormones, growth and disease fighting factors in human milk are only in breastmilk.



Formula

Breastmilk

Health organizations recommend

- Breastmilk only for about first six months
- Other foods added at about 6 months with continued breastfeeding for at least the first year
- Breastfeeding beyond one year, for as long as mom and baby want



ACTIVITY

Share the health benefits of breastfeeding to babies.



Breastfeeding lowers the risk of infections

Including:

- Ear Infections
- Colds and pneumonia
- Diarrhea
- Urinary Tract Infections
- Bacterial Meningitis
- Many other infectious diseases

Breastfeeding reduces the risk of other diseases

Including:

- Sudden Infant Death Syndrome
- Type 1 & 2 diabetes
- Lymphoma and Leukemia
- Inflammatory Bowel Disease
- Asthma and Eczema
- Obesity

Breastfeeding promotes bonding

Early bonding promotes positive mental health which lasts a lifetime.



ACTIVITY

How does
breastfeeding
benefit moms?



Breastfeeding benefits moms

- Reduces post-partum depression
- Earlier return to pre-pregnancy weight
- Lowers risk for hip fractures & osteoporosis
- Reduces risk of heart disease
- Lowers risk for certain cancers
- Fewer work days missed

Breastfeeding benefits employers

- Higher productivity
- Less missed work days
- Lower health care costs
- Increased loyalty to employer
- Less employee turnover



U.S. Department of Health and Human Services. *The Surgeon General's Call to Action to Support Breastfeeding*. Washington, DC: U.S. Department of Health and Human Services, Office of the Surgeon General; 2011.

Breastfeeding benefits childcare centers

- Baby is sick less often
- Baby infects others less often
- Diapers have less odor
- Breastfed baby spits up less
- Breastmilk doesn't stain



Breastfeeding is Green

- No land needed for production
- Fewer cans, bottles and nipples
- No energy required
- No pollution
- No packaging



Supporting breastfeeding moms in child care

What steps can you take to support
breastfeeding families?



Supporting moms in child care settings

Ask about:

- Baby's feeding schedule
- What to do if baby is hungry near her arrival time
- What to do if there's no breastmilk

Don't give formula or solids unless asked.

Onsite nursing and pumping

- Private, quiet
- Comfortable
- Electrical outlet
- Footstool
- Pillow
- Table



Hints for moms

- Freeze or refrigerate milk after pumping
- Label milk with child's name and date pumped
- Leave extra milk when possible
- Use BPA free bottles and bags
- Store small amounts
- Start back to work gradually
- Get a good quality pump



Storing breastmilk in childcare settings

- Refrigerator: 48 hours*
- Frozen:
 - Freezer at about 10 degrees F: 2 weeks
 - Upright or chest freezer 0 degrees F: 3 months
 - 4 degrees F: 6 months
- Thawed breastmilk: 24 hours

*Don't refreeze thawed breastmilk or
re-feed bottles of breastmilk.*

Preparing breastmilk

- Use food prep areas
- Wash hands before and after feeds
- Assure each container is labeled
- Use oldest milk first
- Defrost in the refrigerator or under cool running water
- Note name and date before feeding
- Never microwave
- Swirl gently to mix

Bottle feeding

- Begin feedings when babies give EARLY hunger cues
- Crying is a distress signal, not a hunger cue
- Allow breaks for burping
- Stop feeding when baby cues you
- If baby is fussy use repetition to soothe



Avoiding milk mix ups

- Accept only labeled containers from parents
- Feed only bottles clearly labeled
- Don't leave bottle and cups sitting around
- Don't let children carry bottles and cups
- Wash out bottles and cups after feedings



Other information for moms

- The Affordable Health Care Act
- Wage and hour laws
- WIC support
- Work place support
- Breastfeeding in public



Scenario 1

A mom is nursing her baby in your center.
Another parent tells you she doesn't think it's
right for her to do that in public.

What would you say?

Scenario 2

A couple expecting their first baby comes to your center for a tour. The mom says she wants to breastfeed but isn't sure she'll be able to because she's going back to work.

What could you say to her?



Scenario 3

A toddler teacher is returning to work after a 3-month maternity leave. She wants to provide her milk to her baby, who will be in the infant room.

What strategies can you use to support her?

Why is supporting her important to your other staff and your business?

Support breastfeeding!

- It's natural.
- It promotes healthy babies and moms.
- It saves money.
- It contributes to a healthier community.
- Working moms need the MOST support!
- Child care provider support is vital!

You make a difference!

Ten Steps to a Breastfeeding Friendly Child Care Center



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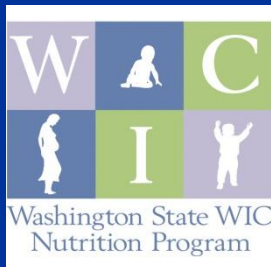
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