

## Breastfeeding Resources for Child Care Providers and Parents

### Supporting Breastfeeding In Child Care Settings

Resource	Topic	Link
<b>American Academy of Pediatrics (AAP)</b>	AAP Policy Statement on Breastfeeding and the Use of Human Milk.	<a href="http://pediatrics.aappublications.org/content/129/3/e827.full">http://pediatrics.aappublications.org/content/129/3/e827.full</a>
<b>United States Department of Agriculture (USDA)</b>	Infant feeding: A Guide for Use in the WIC and CSF Programs.	<a href="http://www.nal.usda.gov/wicworks/Topics/FG/Chapter3_Breastfeeding.pdf">http://www.nal.usda.gov/wicworks/Topics/FG/Chapter3_Breastfeeding.pdf</a>
	A Guide for Use in the Child Nutrition Programs.	<a href="#">Feeding Infants - Food and Nutrition Service</a>
<b>US Surgeon General's Call to Action to Support Breastfeeding</b>	Lists reasons and actions to support breastfeeding in several sectors.	<a href="http://www.surgeongeneral.gov/library/calls/breastfeeding/calltoactiontosupportbreastfeeding.pdf">http://www.surgeongeneral.gov/library/calls/breastfeeding/calltoactiontosupportbreastfeeding.pdf</a>
<b>CDC</b>	What to do if there is a milk mix up.	<a href="http://www.cdc.gov/breastfeeding/recommendations/other_mothers_milk.htm">http://www.cdc.gov/breastfeeding/recommendations/other_mothers_milk.htm</a>
<b>The Affordable Health Care Act</b>	A guide to insurance options and changes.	<a href="https://www.healthcare.gov/">https://www.healthcare.gov/</a>
	Breastfeeding and the Health Care Law.	<a href="http://www.nwlc.org/resource/breastfeeding-and-health-care-law">http://www.nwlc.org/resource/breastfeeding-and-health-care-law</a>
	Wage and Hour Law.	<a href="http://www.dol.gov/whd/regs/compliance/whdfs22.htm">http://www.dol.gov/whd/regs/compliance/whdfs22.htm</a> .
<b>Business Case</b>	Information on supporting	<a href="http://www.womenshealth.gov/breastfeeding/government-in-action/business-">http://www.womenshealth.gov/breastfeeding/government-in-action/business-</a>

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<b>for Breastfeeding</b>	breastfeeding in the work place for moms, their supervisors and businesses.	<a href="#">case.html</a> .
<b>Washington Laws Supporting Breastfeeding</b>	Breastfeeding or expressing breast milk is not indecent exposure.	<a href="#">Wash. Rev. Code § 9A.88.010</a>
	A mother has the right to breastfeed her child in any place and can't be discriminated against for breastfeeding or pumping.	<a href="#">Wash. Rev. Code § 49.60.215</a> and <a href="#">Wash. Rev. Code § 49.60.30(g)</a> .
<b>Secrets of Baby Behavior Blog- UC Davis</b>	Helps parents and others understand normal baby behavior and the stresses of being a new parent and caring for infants. Great information about sleep, crying and baby cues.	<a href="http://www.secretsofbabybehavior.com/">http://www.secretsofbabybehavior.com/</a> .
<b>Washington WIC</b>	Find a WIC clinic and check eligibility for WIC.	<a href="http://www.benefitsapplication.com">www.benefitsapplication.com</a> .
<b>Breastfeeding Coalition of Washington (BCW)</b>	The BCW is a network of community members and coalitions working to promote, protect, and support breastfeeding as the norm in infant feeding.	<a href="http://www.withinreachwa.org/what-we-do/healthy-communities/breastfeeding/">http://www.withinreachwa.org/what-we-do/healthy-communities/breastfeeding/</a> .

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<b>Washington Department of Health website</b>	Provides information on immunizations, food safety, women's health and more.	<a href="http://www.doh.wa.gov/YouandYourFamily.aspx">http://www.doh.wa.gov/YouandYourFamily.aspx</a> .
<b>Parent Help 123</b>	A free resource matching families and pregnant women with benefits and resources. Allows people to check their eligibility for some programs and apply online for others.	<a href="http://www.parenthelp123.org/">http://www.parenthelp123.org/</a> ., or 1-800-322-2588.
<b>Ten Steps to a Breastfeeding Friendly Child Care Center</b>	Wisconsin publication- How to become a baby friendly child care center.	<a href="http://www.dhs.wisconsin.gov/publications/P0/P00022.pdf">http://www.dhs.wisconsin.gov/publications/P0/P00022.pdf</a> .



This institution is an equal opportunity provider.  
**Washington State WIC Nutrition Program does not discriminate.**  
 For persons with disabilities, this document is available on request in other formats.  
 To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).  
 DOH 961-1029. September 2013.

