

Nevada

**Breastfeeding Friendly
Child Care Designation:
Application**



Submission Authorization

Nevada's Breastfeeding Friendly Child Care Designation has been developed to recognize child care providers who have taken steps to promote, protect, and support breastfeeding in their program. Child care providers who have met requirements outlined in this application are encouraged to apply for this distinction. Awardees will receive a Certificate of Recognition, a campaign sticker, poster, and inclusion on our campaign website.



Benefits of Participation

By participation in this voluntary process your child care program can benefit in the following ways:

1

Babies — Breastfed babies have less risk of obesity, type 2 diabetes, asthma, ear infections, diarrhea, vomiting, and Sudden Infant Death Syndrome (SIDS).

2

Mothers — Breastfeeding lowers a mom's risk of breast and ovarian cancer, enhances the bond with her baby, and speeds recovery from childbirth.

3

Child care — Being breastfeeding friendly may lead to better daily attendance, healthier children, higher parent satisfaction, and more public recognition.

4

Everyone — Breastfeeding friendly child care helps everyone by improving breastfeeding rates, leading to healthier Nevada communities.



APPLICATION INSTRUCTIONS

1. Complete the application for your child care program as a group (recommended for centers) or independently *including all required documentation*.
2. The child care program's board chairman, president, owner or equivalent must review the application and sign the Submission Authorization.
3. There are no fees to apply for or receive the designation.
4. Please email completed application and all required documentation to lgray@health.nv.gov or mail to the following address:

Nevada WIC Breastfeeding Program
c/o Lindsey Dermid Gray, MPH
400 W. King Street Ste. 300
Carson City, NV 89703

SUBMISSION CHECKLIST

- ⇒ Cover Sheet
- ⇒ Submission Authorization
- ⇒ Application & Required Documentation

The Breastfeeding Friendly Child Care Designation will be valid for three years from award date, at which time your program is encouraged to reapply.

For questions regarding your application, call Lindsey Dermid Gray, Statewide Breastfeeding Coordinator, at (775) 684-4270. Thank you for your valuable partnership in creating a Breastfeeding Friendly Nevada, every step of the way!



Cover Sheet

Name of Child Care Program: _____

Address: _____

Name of Person(s) Completing Application:

Contact Information for Primary Contact (phone, email):

Total number of children enrolled under 5: _____

Number of infants/children receiving any breast milk: _____

Numbers of infants/children receiving only breast milk: _____

Number of infants/children breastfed by mother on site: _____



Submission Authorization

I have reviewed the completed Nevada Breastfeeding Friendly Child Care Designation Application for *(Name of facility)* _____ and hereby consent to the submission of the application for consideration by the review committee. I agree to have the designation publicly listed on the Nevada Breastfeeding Friendly Child Care Designation recognition webpage.

(Print Name of President/Owner/Director/Board Chair or Equivalent)

(Title)

(Signature and Date)

Application

1. Provision of a breastfeeding friendly atmosphere	Yes	Documentation Included
<ul style="list-style-type: none">There are breastfeeding posters on display and a quiet, comfortable place that mothers can feed their babies or express breast milk. <p><i>Documentation Required: Photo of space</i></p>	<input type="radio"/>	<input type="radio"/>
<ul style="list-style-type: none">The program encourages mothers to visit and breastfeed during the day if their schedule allows. <p><i>Documentation Required: Supporting materials (i.e. parent handout)</i></p>	<input type="radio"/>	<input type="radio"/>
<ul style="list-style-type: none">Program staff conveys a positive attitude that moms can continue to breastfeed once they return to work and that program staff can help them.	<input type="radio"/>	Not Applicable
<ul style="list-style-type: none">Breastfeeding staff are provided a flexible schedule and a private clean space to express milk. <p><i>Documentation Required: Photo of space</i></p>	<input type="radio"/>	<input type="radio"/>
2. Provision of breastfeeding support following return to work or school	Yes	Documentation Included
<ul style="list-style-type: none">Parents are told about the program's policies and services regarding breastfeeding. <p><i>Documentation Required: Supporting materials (i.e. parent handout)</i></p>	<input type="radio"/>	<input type="radio"/>
<ul style="list-style-type: none">The program's information packet for new families includes information about breastfeeding. <p><i>Documentation Required: Information packet materials</i></p>	<input type="radio"/>	<input type="radio"/>
3. Availability of accurate written materials on breastfeeding topics	Yes	Documentation Included
<ul style="list-style-type: none">Handouts containing available community resources, support groups and lactation consultants are readily available for families. <p><i>Documentation Required: Supporting materials (i.e. resource list)</i></p>	<input type="radio"/>	<input type="radio"/>
<ul style="list-style-type: none">Staff is familiar with written materials and distributes them when appropriate.	<input type="radio"/>	Not Applicable

Application

4. Feeding of infants on demand and coordination of feeding times with the mother's normal feeding schedule	Yes	Documentation Included
<ul style="list-style-type: none">Infants are fed based on displays of hunger cues rather than at predetermined times. <i>Documentation Required: Policy citation</i>	<input type="radio"/>	<input type="radio"/>
<ul style="list-style-type: none">Mother's normal feeding schedule is requested and replicated to the best efforts of program staff. <i>Documentation Required: Policy citation</i>	<input type="radio"/>	<input type="radio"/>
<ul style="list-style-type: none">Parents are asked what they want the program staff to do if their baby is hungry and the supply of breast milk is gone. <i>Documentation Required: Policy citation</i>	<input type="radio"/>	<input type="radio"/>
5. Training of program staff so they are able to support breastfeeding	Yes	Documentation Included
<ul style="list-style-type: none">Staff is trained about the benefits of breastfeeding, preparation, storage, and feeding of breastmilk and resources available for staff and parents. <i>Documentation Required: Training materials & tentative schedule</i>	<input type="radio"/>	<input type="radio"/>
6. Implementation of breastfeeding supportive policy	Yes	Documentation Included
<ul style="list-style-type: none">Program breastfeeding supportive policy is created, followed and regularly communicated. <i>Documentation Required: Breastfeeding Support Policy</i>	<input type="radio"/>	<input type="radio"/>

End of Application

Nevada

**Breastfeeding Friendly
Child Care Designation:
Toolkit**



Furnishing a Lactation Space

● Accommodation Essentials

Private Space

Electrical outlet

Chair

Small table

Waste Basket

Nearby sink with running water

Nearby refrigerator or storage space for small cooler

● Ideal Accommodations

Chair—upholstered, comfortable

Employer owns or rents an electric breast pump, mother provides attachment kit

Nursing stool

Wall clock

Mirror

Lending library of breastfeeding resources

Radio / CD Player

Telephone

Appealing art for walls

Breastfeeding Support Policy Creation

Creating a breastfeeding friendly child care facility begins with a written breastfeeding policy. Having such a policy in place is the first step toward promoting and supporting breastfeeding for children, families and staff at the child care facility. It should describe the environmental changes, education, training and support the facility will put in place.

Policies should include:

1. A clear statement that the child care facility welcomes mothers who breastfeed their babies, and provides space for breastfeeding or expressing and storing milk;
2. A list of the health benefits of exclusive breastfeeding for the infant, mother, and family;
3. A description of what it means to practice exclusive breastfeeding for the first six months, when babies are fed only breast milk – no infant formula, water, juice, or solid food;
4. A plan to ensure staff are trained in skills needed to support breastfeeding;
5. A plan to obtain and follow mother's typical feeding schedule and feed infant/child based on hunger cues as opposed to predetermined times.

Sample Breastfeeding Support Policy

The (Name of Child Care Program) is committed to providing ongoing support to breastfeeding mothers. Well defined research has documented a multitude of health benefits to both the mother and infant. The (Name of Child Care Program) subscribes to the following policy:

Breastfeeding mothers shall be provided a place to breastfeed or express their milk.

Breastfeeding mothers, including employees, shall be provided a private and sanitary place to breastfeed their babies or express milk. This area provides an electrical outlet (*if possible*), comfortable chair, and nearby access to running water.

A refrigerator will be made available for storage of expressed breast milk.

Breastfeeding mothers and employees may store their expressed breast milk in the facility's refrigerator. Mothers should provide their own containers, clearly labeled with name and date.

Sensitivity will be shown to breastfeeding mothers and their babies.

The child care program is committed to providing ongoing support to breastfeeding mothers, including providing an opportunity to breastfeed their baby on site if able, and holding off giving a bottle, if possible, when mom is due to arrive. Artificial baby milks (formula) and solid foods will not be provided unless the mother has requested. Babies will be held closely when feeding and bottles will never be propped. Mother's typical feeding schedule will be requested and followed to the best of staff's ability.

Staff shall be trained in handling human milk.

All child care staff will be trained in the proper storage and handling of human milk, as well as ways to support breastfeeding mothers. The program staff will follow guidelines from the American Academy of Pediatrics and Centers for Disease Control in ensuring that breast milk is properly treated to avoid waste. Universal precautions are not required in handling human milk.

Breastfeeding employees shall be provided flexible breaks to accommodate breastfeeding or milk expression.

Breastfeeding employees shall be provided a flexible schedule for breastfeeding or pumping to provide breast milk for their children.

Breastfeeding promotion information will be displayed.

The program will provide information on breastfeeding, including the names of area resources should questions or problems arise. These materials will be known to staff who will refer mothers to them as appropriate. In addition, positive promotion of breastfeeding will be on display in the program.



Resources

Printable Educational Handouts for Parents

Breastfeeding Friendly Child Care—Tools and Recommendations for Actions

<http://breastfeeding.sph.unc.edu/breastfeeding-friendly-child-care-tools-and-recommendations-for-action-downloads/>

Learning Community

National Collaborative on Advancing Breastfeeding in Child Care

<http://breastfeeding.sph.unc.edu/what-we-do/programs-and-initiatives/child-care/national-collaborative/>

General Guidance

CDC Strategy: Support for Breastfeeding in Early Care and Education

<https://www.cdc.gov/breastfeeding/pdf/strategy6-support-breastfeeding-early-care.pdf>

Office on Women's Health: Supporting Nursing Moms at Work—Employer Solutions

<https://www.womenshealth.gov/breastfeeding/employer-solutions/>

Human Milk Storage Guidelines for Facilities

<http://cgbi.sph.unc.edu/files/2013/11/Milk-Storage-NC-Guidelines1.pdf>

**Thank you for your valuable contribution to supporting breastfeeding
among Nevada families!**

This campaign is made possible as part of a collaboration between the
following organizations:

