

Dear Child Care Center,

I am a mother who breastfeeds her child and I will be leaving my child in your care. Please help me continue to breastfeed. Below is a list of what I will need for my child:

1. When I drop off and pick up my child I will breastfeed.
2. I will bring my milk in labeled containers. Please keep it refrigerated.
3. When my child _____, it means he/she is hungry.
When my child _____, it means he/she is full.
4. Thaw or warm-up my milk by either placing it in a bowl of warm water or holding it under warm running water. Shake and test before feeding it to my child. Please do not microwave my milk.
5. Only give my milk to my child. If a mix-up occurs (my child is given another mother's milk or formula) call me right away.
6. I will let you know if I will be coming to breastfeed at lunchtime or arriving early to pick up my child. If my child seems hungry, give a small amount to hold him/her over until I get there to breastfeed.
7. Please let me know my child's daily intake, diaper count and naps.
8. _____

Thank you for supporting my decision to breastfeed. Your support has made my decision to leave my child here much easier. My child and I will be healthier and happier knowing that we can continue to breastfeed.

Sincerely,

Mother's Name

Breastfeeding Babies: Good for Child Care Centers!

Why should a child care center support breastfeeding?

1. Breastfeeding helps children in child care.
 - o It protects them from infections and from developing allergies, diseases and illnesses.
 - o Breastfeeding promotes a close bond between mother and baby and is a perfect way to "reconnect" after time apart.
 - o Breastfed babies are easier to care for because they spit up less. When they do, breast milk does not stain clothing.
 - o Breastfed babies' diapers have less odor.
 - o Breastfed babies are sick less often. They are less likely to have constipation or diarrhea.
 - o When breastfed babies are allowed to decide when, how often and how much to eat, they are less likely to develop obesity.
2. Breastfeeding helps child care centers financially.
 - o Meals containing breast milk are reimbursed by Child and Adult Care Food Program (CACFP).
3. Being a "Breastfeeding Friendly" child care center.
 - o Mothers search for child care centers that will support them in their decision to breastfeed.
 - o Mothers like to have healthy children around their child.

Adapted from: www.health.state.ny.us/prevention/nutrition/cacfp/breastfeedingspon.htm



Northeast Valley Health Corporation - WIC Program
Breastfeeding Task Force of Greater Los Angeles
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