



## Niagara County Department of Health Accommodations for Breastfeeding Friendly Child Care Providers

**While the Niagara County Department of Health (NCDOH) recommends that child care providers strive to achieve many of the elements within the “Additional Accommodation’s” section, providers that satisfy all elements in the first section, qualify for Breastfeeding Friendly Child Care Provider designation.**

We understand that not all of the elements can be applied to every child care provider situation. This sheet is offered as a guide to understanding what the minimum qualifications are and to explore additional accommodations that may be incorporated. If you have questions, please contact the Niagara County Department of Health, Director of Public Health Planning and Emergency Preparedness, for support at 716-439-7431.

Additional information may be found at: <http://www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon.htm>  
[http://breastfeedingpartners.org/index.php?option=com\\_content&view=article&id=112&Itemid=173](http://breastfeedingpartners.org/index.php?option=com_content&view=article&id=112&Itemid=173)  
<http://www.labor.ny.gov/workerprotection/laborstandards/pdfs/guidelinesexpressionofbreastmilkfinal.pdf>

### **Niagara County Department of Health Breastfeeding Friendly Child Care Provider Designation:**

- Orientation to the center includes information on how the center supports breastfeeding, to include a copy of the lactation support/breastfeeding policy
- Signage is displayed in the infant rooms as well as the entrance/waiting room to let mothers know breastfed babies are welcome and supported
- Child care provider has a lactation support/breastfeeding policy
- The written policy is shared with all staff as they are hired and staff is aware that it is part of their job to help support moms as they continue to breastfeed when they return to work/school
- If the center is an Early Head Start, the center complies with the Head Start Performance Standards for breastfeeding support and education, and the storage and handling of breast milk
- Breastfeeding information is made available to expecting mothers and new families (e.g. NCDOH Breastfeeding Brochure)
  
- A comfortable space is made available for mothers to nurse their infants
- Mothers are encouraged to provide a small backup supply of frozen breast milk in case the infant needs to eat more often or the pickup time is delayed
- An infant feeding plan is developed with each family as infants enroll at the center, the plan is updated as the infant moves through the stages of development
  
- Staff are trained to recognize and respond to infants’ hunger and fullness cues
- Staff are trained on the benefits of breastfeeding and the preparation, feeding and storage of human milk
- Breastfed babies do not receive food/drink, other than their mother’s breast milk, unless indicated in the feeding plan
- Infants are fed based on their hunger and fullness cues
- Refrigerator space is made available for pumped breast milk which is labeled with the infant’s full name and the date it was pumped
  
- Lactating employees have access to a room or other private location (not a restroom) to express milk, that locks from the inside, has an electrical outlet, chair, table and access to nearby running water  
(See: New York State Labor Law, Section 206-c)
- Lactating employees provide their own pump
- Lactating employees take their usual lunch and break times (two to three 15-20 minute breaks) to express milk; extra time is considered unpaid leave time
- Support from company managers, supervisors and co-workers (ensuring protection from discrimination)

## **Additional Accommodation's**

---

- Staff encourages mothers to visit and breastfeed during the day  
(See: CACFP Meal Pattern Revisions, April 2016)
- Mothers are welcomed to nurse their babies anywhere in the center
- Provide learning and play opportunities that normalize breastfeeding for children (i.e. books with images of nursing animals and/or babies)
- Freezer space is made available for pumped breast milk which is labeled with the infant's full name and the date it was pumped
  
- Child care provider has a lactation support/breastfeeding policy that includes protection for pregnant and breastfeeding women from harassment and discrimination
- Established training programs include information about our lactation policy
- Lactation support contacts and information is provided with company new employee orientation/paperwork
  - as well as new family orientation/paperwork
- Culturally appropriate breastfeeding materials are included, in the languages of the families served by our center
- Breastfeeding policy and practice materials are included in the centers information package
- Educate families and staff that a mother may breastfeed her child wherever they have a legal right to be
- Staff is familiar with community resources and keeps an up-to-date list of contact information (support groups, WIC Breastfeeding Coordinators, lactation consultants) to refer moms as appropriate.
- Offer continuing education at the center or elsewhere to train on updates and learning about protection, promotion, and support of breastfeeding
  
- Designated private lactation room has an electrical outlet, chair, table and sink for visiting mothers and lactating employees to breastfeed or express milk
- Designated space has room dividers for multiple mothers to express milk at the same time
- Expanded paid breaks for employees expressing milk or breastfeeding
- Extra time that may be needed is made up as part of a flexible schedule (coming in early, staying late, etc.) or is paid
- Employer pays for rental of a breast pump, or provides a hospital-grade multi-user electric breast pump that is purchased or rented
- Employer subsidizes the cost of attachment kits for hospital-grade pump
- Employer provides an onsite multi-user pump and attachment kits
- Breastfeeding employees are able to have their babies with them at the center, and nurse them on demand