

# Breastfeeding-Friendly Child Care: Action Plan

Your Name: \_\_\_\_\_ Date: \_\_\_\_\_

Child Care Facility Name: \_\_\_\_\_

**Step 1. Have a written policy that reflects the program's commitment to promoting and supporting breastfeeding, especially exclusive breastfeeding, and share with employees and families.**

| Goals | Actions to reach goal | Persons Involved | Target Date for Completion |
|-------|-----------------------|------------------|----------------------------|
| A.    |                       |                  |                            |
|       |                       |                  |                            |
|       |                       |                  |                            |
| B.    |                       |                  |                            |
|       |                       |                  |                            |
|       |                       |                  |                            |
| C.    |                       |                  |                            |
|       |                       |                  |                            |
|       |                       |                  |                            |

**Step 2. Train and evaluate all staff in the skills to support and promote optimal infant and young child feeding.**

| Goals     | Actions to reach goal | Persons Involved | Target Date for Completion |
|-----------|-----------------------|------------------|----------------------------|
| <b>A.</b> |                       |                  |                            |
|           |                       |                  |                            |
|           |                       |                  |                            |
| <b>B.</b> |                       |                  |                            |
|           |                       |                  |                            |
|           |                       |                  |                            |
| <b>C.</b> |                       |                  |                            |
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**Step 3. Inform women and families about the importance of breastfeeding.**

| Goals | Actions to reach goal | Persons Involved | Target Date for Completion |
|-------|-----------------------|------------------|----------------------------|
| A.    |                       |                  |                            |
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|       |                       |                  |                            |
| B.    |                       |                  |                            |
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| C.    |                       |                  |                            |
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**Step 4. Provide learning and play opportunities that normalize breastfeeding for children.**

| Goals | Actions to reach goal | Persons Involved | Target Date for Completion |
|-------|-----------------------|------------------|----------------------------|
| A.    |                       |                  |                            |
|       |                       |                  |                            |
|       |                       |                  |                            |
| B.    |                       |                  |                            |
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|       |                       |                  |                            |
| C.    |                       |                  |                            |
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**Step 5. Ensure that all breastfeeding families we serve are able to properly store and label their breast milk for child care use.**

| Goals     | Actions to reach goal | Persons Involved | Target Date for Completion |
|-----------|-----------------------|------------------|----------------------------|
| <b>A.</b> |                       |                  |                            |
|           |                       |                  |                            |
|           |                       |                  |                            |
| <b>B.</b> |                       |                  |                            |
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|           |                       |                  |                            |
| <b>C.</b> |                       |                  |                            |
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**Step 6. Provide a breastfeeding-friendly environment.**

| Goals     | Actions to reach goal | Persons Involved | Target Date for Completion |
|-----------|-----------------------|------------------|----------------------------|
| <b>A.</b> |                       |                  |                            |
|           |                       |                  |                            |
|           |                       |                  |                            |
| <b>B.</b> |                       |                  |                            |
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| <b>C.</b> |                       |                  |                            |
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**Step 7. Support breastfeeding employees.**

| Goals     | Actions to reach goal | Persons Involved | Target Date for Completion |
|-----------|-----------------------|------------------|----------------------------|
| <b>A.</b> |                       |                  |                            |
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|           |                       |                  |                            |
| <b>B.</b> |                       |                  |                            |
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| <b>C.</b> |                       |                  |                            |
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**Step 8. Ensure that each infant has a feeding plan that supports best feeding practices.**

| Goals | Actions to reach goal | Persons Involved | Target Date for Completion |
|-------|-----------------------|------------------|----------------------------|
| A.    |                       |                  |                            |
|       |                       |                  |                            |
|       |                       |                  |                            |
| B.    |                       |                  |                            |
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| C.    |                       |                  |                            |
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**Step 9. Contact and coordinate with community breastfeeding support resources; actively refer mothers and families.**

| Goals      | Actions to reach goal | Persons Involved | Target Date for Completion |
|------------|-----------------------|------------------|----------------------------|
| <b>A.</b>  |                       |                  |                            |
|            |                       |                  |                            |
|            |                       |                  |                            |
| <b>B..</b> |                       |                  |                            |
|            |                       |                  |                            |
|            |                       |                  |                            |
| <b>C.</b>  |                       |                  |                            |
|            |                       |                  |                            |
|            |                       |                  |                            |

**Step 10. Train all staff (teaching and non-teaching) annually on the protection, promotion, and support of breastfeeding.**

| Goals | Actions to reach goal | Persons Involved | Target Date for Completion |
|-------|-----------------------|------------------|----------------------------|
| A.    |                       |                  |                            |
|       |                       |                  |                            |
|       |                       |                  |                            |
| B.    |                       |                  |                            |
|       |                       |                  |                            |
|       |                       |                  |                            |
| C.    |                       |                  |                            |
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|       |                       |                  |                            |

SAMPLE