

Breastfeeding-Friendly Child Care: Self-Assessment

Your Name: _____ Date: _____

Child Care Facility Name: _____

The following ten steps describe ways that Child Care Centers and Family Child Care Homes can provide optimal support for breastfeeding families. Below each step are specific actions to support that step.

Please read each statement and check one of the boxes based on what is happening in your child care program most of the time. For more detailed information on filling out this form, refer to the additional "Breastfeeding-Friendly Child Care" Self-Assessment Instruction Sheet.

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.

1. An explicit policy for promoting and supporting breastfeeding:	<input type="checkbox"/> Does not exist.	<input type="checkbox"/> Exists informally, but it is not written or regularly communicated to staff or parents.	<input type="checkbox"/> Is written, but it is not always communicated to staff or parents.	<input type="checkbox"/> Is written, readily available, and regularly communicated to staff and parents.
2. Staff evaluations include a review of breastfeeding support activities:	<input type="checkbox"/> Rarely or Never.	<input type="checkbox"/> Sometimes.	<input type="checkbox"/> Usually.	<input type="checkbox"/> Always.
3. Educational materials on the risks and benefits of different infant feeding options:	<input type="checkbox"/> Are not available at our facility.	<input type="checkbox"/> Are available, but not displayed.	<input type="checkbox"/> Are displayed.	<input type="checkbox"/> Are actively distributed.
4. The facility's breastfeeding-friendly policy is communicated to potential client families:	<input type="checkbox"/> Rarely or never.	<input type="checkbox"/> Sometimes, if asked.	<input type="checkbox"/> Usually.	<input type="checkbox"/> Always.

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

1. Caregivers receive training on age-appropriate infant feeding practices, including safe handling and storage of human milk:	<input type="checkbox"/> Rarely or never on these topics	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> 1 time per year on some of these topics	<input type="checkbox"/> 1 time per year on all of these topics
2. Caregivers receive training on recognizing infant hunger cues and feeding in response to those cues:	<input type="checkbox"/> Rarely or never on these topics	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> 1 time per year on some of these topics	<input type="checkbox"/> 1 time per year on all of these topics
3. Caregivers receive training on the risks and benefits of different infant feeding options:	<input type="checkbox"/> Rarely or never on these topics	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> 1 time per year on some of these topics	<input type="checkbox"/> 1 time per year on all of these topics
4. Caregivers receive training on breastfeeding promotion, including support of exclusive breastfeeding:	<input type="checkbox"/> Rarely or never on these topics	<input type="checkbox"/> Only as a part of new staff orientation	<input type="checkbox"/> 1 time per year on some of these topics	<input type="checkbox"/> 1 time per year on all of these topics

Step 3. Inform women and families about the importance of breastfeeding.				
1. A written policy for promoting and supporting breastfeeding:	<input type="checkbox"/> Does not exist.	<input type="checkbox"/> Exists, but is not distributed.	<input type="checkbox"/> Exists, but is only distributed to breastfeeding families.	<input type="checkbox"/> Exists, and is distributed to all families.
2. Culturally appropriate brochures and other educational materials that promote breastfeeding are:	<input type="checkbox"/> Not available.	<input type="checkbox"/> Available, but not displayed.	<input type="checkbox"/> Displayed in several areas.	<input type="checkbox"/> Displayed in several areas and actively distributed to families.
3. Culturally appropriate brochures and other educational materials that promote exclusive breastfeeding are:	<input type="checkbox"/> Not available.	<input type="checkbox"/> Available, but not displayed.	<input type="checkbox"/> Displayed in several areas.	<input type="checkbox"/> Displayed in several areas and actively distributed to families.
Step 4. Provide learning and play opportunities that normalize breastfeeding for children.				
1. Toys and books that illustrate nursing animals and babies are:	<input type="checkbox"/> Not available.	<input type="checkbox"/> Available to some of the children in our program.	<input type="checkbox"/> Available to most of the children in our program.	<input type="checkbox"/> Available to all of the children in our program.
2. We discuss the interactions between mothers and babies, including how they feed:	<input type="checkbox"/> Rarely or never.	<input type="checkbox"/> Occasionally.	<input type="checkbox"/> Some of the time, in some of our classrooms.	<input type="checkbox"/> Often, in all of our classrooms.
Step 5. Ensure that all breastfeeding families we serve are able to properly store and label their breast milk for child care use.				
1. Refrigerator and freezer space for storage of expressed human milk is:	<input type="checkbox"/> Not available at our child care facility.	<input type="checkbox"/> Sometimes available at the child care facility.	<input type="checkbox"/> Usually available at the child care facility.	<input type="checkbox"/> Always available at the child care facility.
2. Breastfeeding families are instructed on how to properly label and store human milk for use in the child care facility:	<input type="checkbox"/> Families rarely or never receive information on proper storage and handling of human milk	<input type="checkbox"/> Families receive information on proper storage and handling of human milk informally, and not in writing	<input type="checkbox"/> Most families receive written guidelines on proper storage and handling of human milk for child care facility/ family child care home use	<input type="checkbox"/> All families receive written guidelines on proper storage and handling of human milk for child care facility/ family child care home use, and all human milk in the facility is properly labeled
3. We discuss with families how expressed milk will be handled at our child care facility:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually or Always	<input type="checkbox"/> Always, in writing as well as verbally.

Step 6. Provide a breastfeeding-friendly environment.				
1. Breastfeeding mothers are:	<input type="checkbox"/> Rarely encouraged to come to the facility/ family child care home to nurse their babies.	<input type="checkbox"/> Sometimes encouraged to come to the facility/ family child care home to nurse their babies.	<input type="checkbox"/> Often encouraged to come to the facility/ family child care home to nurse their babies.	<input type="checkbox"/> Always encouraged to come to the facility/ family child care home to nurse their babies, including a written invitation in materials provided by the program.
2. A designated area, other than a bathroom, for mothers to breastfeed their infants is:	<input type="checkbox"/> Not available.	<input type="checkbox"/> Only available upon request.	<input type="checkbox"/> Always available, has appropriate seating, but lacks either privacy or an electrical outlet.	<input type="checkbox"/> Always available, has appropriate seating, is shielded from view and free from intrusion, and has an electrical outlet.
3. Culturally appropriate posters that contain information about breastfeeding and photos of mothers and nursing babies are:	<input type="checkbox"/> Not posted in our facility/ family child care home.	<input type="checkbox"/> Are displayed only in the infant room.	<input type="checkbox"/> Are displayed in one public part of the facility/ /family child care home.	<input type="checkbox"/> Are displayed in multiple locations in the facility/ family child care home.
Step 7. Support breastfeeding employees.				
1. Breastfeeding employees are given appropriate breaks so that they may express milk and/or nurse their babies as needed:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes, if asked.	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
2. A designated area, other than a bathroom, for employees to nurse and/or express their milk is:	<input type="checkbox"/> Not available.	<input type="checkbox"/> Only available at certain times.	<input type="checkbox"/> Always available, has appropriate seating, but lacks either privacy or an electrical outlet.	<input type="checkbox"/> Always available, has appropriate seating, is shielded from view and free from intrusion, and has an electrical outlet.
Step 8. Ensure that each infant has a feeding plan that supports best feeding practices.				
1. A written feeding plan for each child under 15 months:	<input type="checkbox"/> Does not exist.	<input type="checkbox"/> Is written, but is not accessible and not regularly updated.	<input type="checkbox"/> Is written, accessible, and updated at least every three months.	<input type="checkbox"/> Is written, accessible, and updated at least every month.
2. As part of the feeding plan, support for breastfeeding is:	<input type="checkbox"/> Not explicitly included.	<input type="checkbox"/> Sometimes included, but relies on the caregiver to add additional information to standard form.	<input type="checkbox"/> Usually included, and part of the checklists/blanks to be filled in by parents and caregivers.	<input type="checkbox"/> Always included, covering age-appropriate introduction of solid food, feeding in response to baby's cues, and inviting the mother to come to the facility/ family child care home to nurse her baby.

3. Feeding in response to a baby's hunger cues:	<input type="checkbox"/> Is not practiced at our facility/ family child care home.	<input type="checkbox"/> Is practiced at our facility/ family child care home, but not discussed with parents.	<input type="checkbox"/> Is practiced at our facility/ family child care home and discussed with some parents.	<input type="checkbox"/> Is practiced at our facility/ family child care home and discussed with all parents.
4. We encourage breastfeeding mothers to nurse on demand when they are with their babies:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes, if asked.	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
5. We encourage mothers to introduce solid foods at 6 months of age:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Sometimes, if asked.	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
Step 9. Contact and coordinate with community breastfeeding support resources; actively refer mothers and families.				
1. A list of community breastfeeding resources for referral:	<input type="checkbox"/> Is not available.	<input type="checkbox"/> Exists, but is not readily accessible to staff.	<input type="checkbox"/> Exists and is readily accessible to staff, but is incomplete and/or out of date.	<input type="checkbox"/> Is comprehensive, up-to-date, and readily accessible to staff.
2. We make referrals to community breastfeeding resources:	<input type="checkbox"/> Never	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Often
3. We track community referrals, following up with families as needed:	<input type="checkbox"/> We do not make referrals	<input type="checkbox"/> Never or Rarely	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually or Always
4. A resource list, for our staff, of local lactation consultants and community providers who can answer breastfeeding and human milk feeding questions:	<input type="checkbox"/> Is not available at our facility.	<input type="checkbox"/> Exists, but is not readily accessible to staff.	<input type="checkbox"/> Exists and is readily accessible to staff, but is incomplete and/or out of date.	<input type="checkbox"/> Is comprehensive, up-to-date, and readily accessible to staff.
Step 10. Train all staff (teaching and non-teaching) annually on the protection, promotion, and support of breastfeeding.				
1. In our child care program, reference materials for staff that include information on breastfeeding and human milk feeding:	<input type="checkbox"/> Are not available.	<input type="checkbox"/> Exist, but are not readily accessible to staff.	<input type="checkbox"/> Exist and are readily accessible to staff, but incomplete and/or out of date.	<input type="checkbox"/> Are comprehensive, up-to-date, and readily accessible to staff.
2. Staff members receive continuing education on human milk feeding and breastfeeding support:	<input type="checkbox"/> Rarely or Never	<input type="checkbox"/> Less than one hour every two years.	<input type="checkbox"/> At least one hour every two years.	<input type="checkbox"/> For at least one hour, once every year.

This checklist was adapted from the Nutrition and Physical Activity Self-Assessment for Child Care (NAP-SACC), developed by the Center for Health Promotion and Disease Prevention, UNC Gillings School of Global Public Health, The University of North Carolina at Chapel Hill.