

**L.I.F.E.**™

**Lactation & Infant Feeding in Emergencies**

**Carolina Ten Steps to Breastfeeding  
Friendly Child Care (BFCC):**

Considerations to Support the COVID-19 Response  
and Enhance Health & Safety Measures

*SUMMARY*

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10 Steps to BFCC	COVID-19 Considerations- <i>SUMMARY</i>
<p><b>1</b> <b>POLICY</b>  <b>Have a written policy that reflects the program’s commitment to promoting and supporting breastfeeding, especially exclusive breastfeeding, and share with employees and families.</b></p>	<p>The program’s Emergency Response Plan (ERP), identifying supportive elements to protect breastfeeding, is cited in the written policy. The ERP describes communication and training strategies informing employees and families on sustaining Infant &amp; Young Child Feeding (IYCF) practices during the emergency.</p> <p>The written policy affirms families’ previous feeding choices will be continued during the emergency response.</p> <p>Provide feedback opportunities for breastfeeding families and employees to meaningfully contribute.</p>
<p><b>2</b> <b>TRAIN</b>  <b>Train and evaluate all staff in the skills to support and promote optimal infant and young child feeding.</b></p>	<p>The ERP describes communication and training plans informing employees and families on sustaining IYCF practices during the emergency.</p>
<p><b>3</b> <b>INFORM</b>  <b>Inform women and families about the importance of breastfeeding.</b></p>	<p>Inform breastfeeding families of the importance of continued breastfeeding in an emergency and provide resources.</p>
<p><b>4</b> <b>PLAY</b>  <b>Provide learning and play opportunities that normalize breastfeeding for children.</b></p>	<p>Continue and reinforce opportunities created to normalize breastfeeding for all children enrolled in the program.</p>
<p><b>5</b> <b>HANDLE</b>  <b>Ensure that all breastfeeding families we serve are able to properly store and label their breast milk for child care use.</b></p>	<p>The COVID-19 virus has not been detected in human milk.</p> <p>Remind breastfeeding families of standard guidance for handling, storing, and labeling of human milk for child care use.</p>

<b>10 Steps to BFCC</b>		<b>COVID-19 Considerations- SUMMARY</b>
<b>6</b>	<b>SPACE</b> Provide a breastfeeding-friendly environment.	Increase communications for continued acceptance of expressed milk.  Intensified cleaning precautions for infant feeding supplies and pump parts are encouraged to reduce potential risk for contamination of expressed milk.
<b>7</b>	<b>SUPPORT</b> Support breastfeeding employees.	Enable breastfeeding employees to remain in the same classroom as their infant or toddler.  Include resources for mental health and well-being in support efforts for employees.  Ensure private spaces for expressing and breastfeeding are easily accessible and equipped with supplies for cleaning and disinfecting.
<b>8</b>	<b>PLAN</b> Ensure that each infant has a feeding plan that supports best feeding practices.	Implement infant feeding plans and evaluate capacity for timely modification to safeguard support for infants' individual feeding needs. Implement adjustments to family communications to combat decreased physical and interpersonal interactions on-site at the program.
<b>9</b>	<b>CONTACT</b> Contact and coordinate with community breastfeeding support resources; actively refer mothers and families.	Ensure the program's community outreach resources are current and inclusive of COVID-19 information.
<b>10</b>	<b>MAINTAIN</b> Train all staff (teaching & non-teaching) annually on the protection, promotion, and support of breastfeeding.	Promote opportunities for all staff to train on IYCF during the COVID-19 response.

To view the full guidance with citations and other resources  
for Early Care professionals visit:

<https://sph.unc.edu/cgbi/cgbi-covid-19-resources/>

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