

Oregon

Early College High School Child Care Center

Creating a Private Space for Breastfeeding Mothers



At ECHS, a closet was quickly transformed into a welcoming private space for mother and baby.

The Early College High School Child Care Center in Salem, Oregon, is meeting the Let's Move! Child Care goal on infant feeding, which encourages programs to provide mothers with a private room for breastfeeding or pumping. Their strategy was simple: turn a large closet into a warm and inviting space for breastfeeding mothers.

The center participates in the [Child and Adult Care Food Program \(CACFP\)](#). While conducting a site visit, Vickie Hartel, the CACFP Coordinator, noticed that there were teen moms breastfeeding their infants in open classrooms. "When I asked staff about this practice, they told me they did not have a private area for the moms. They did have a rocker that mothers could use, but it was right outside the men's restroom," said Vickie Hartel.

[The Oregon Department of Education Child Nutrition Program](#) received grant funding that ECHS applied for and received to create the breastfeeding space.

How did the center find a place for the private room?

The ECHS Principal and the Child Care Center Program Coordinator walked through the building to help them think about where they could create space. During the walk-through, they found a closet that was storing student records and an assortment of items the center didn't use anymore and decided it was the perfect space. CACFP Coordinator Vickie Hartel took the lead on turning the closet into a warm and inviting space for moms.

How did they transform the space?

With funds the center had received, Vickie bought items for the room, including a large piece of artwork that had several places for pictures to be inserted. The teen moms were encouraged to bring in a picture of them with their babies to be posted. Other items purchased were:

- boppies and washable covers
- CD Player with soothing sounds CDs
- changing table
- clothes hamper
- comfortable rocking chair with cushions
- mini blinds and curtains
- mirror
- nursing pads (disposable)

- nursing stool
- paint
- receiving blankets
- small table and lamp
- wall clock
- waste basket

Vickie said, “It only took one day to move all the student records down the hall to new file cabinets and begin the task of cleaning, painting, purchasing and putting together all the furniture to create the warm and inviting space.”

Tips for Success

- **Be creative.** Turning a large closet into a room for mothers to breastfeed or pump is just one idea. Try transforming a corner of a room into a private space by putting up a curtain or a bookshelf as a barrier. Or try using an existing room for two purposes. For example, the room can be a teacher’s office in the morning and a room for breastfeeding mothers during the child care day.
- **Check out the [resources](#) on the *Let’s Move! Child Care website*** like 10 Steps to Breastfeeding Friendly Child Care Centers, which includes a list of items you can purchase to create a comfortable space for moms.
- **Use items you already have.** Creating a space for breastfeeding moms doesn’t need to be expensive. You can use items you already have to make the space warm and inviting. See if you have an extra chair or small table, or put up artwork created by children in your program.
- **Find people to help you create the space.** Team up with other staff or ask parents to volunteer for a day.

We want to feature your story of progress and success working on the five *Let’s Move! Child Care* goals. Please email a brief description of your story with your contact information, including program name, city and state, to eceobesity@cdc.gov with the subject heading “Program Success Story.”