

Protecting, promoting and supporting breastfeeding is an important part of public health. The Child and Adult Care Food Program (CACFP) in New York State invites you to join a national effort to support breastfeeding moms and babies.

A day care home that is Breastfeeding Friendly provides active support to families and helps mothers to continue breastfeeding when they return to work or school.

If you would like your day care home to be designated as Breastfeeding Friendly, complete the information below and the self-assessment form. The self-assessment form lists six standards with best practices under each standard. The best practices are provided to help you meet the standards. If you can answer **Yes** to all 6 standards, **give the completed form to your CACFP Sponsor for submission to CACFP**. Answer **Yes** to item 7 if you want your day care home advertised as Breastfeeding Friendly on CACFP's website. The designation expires three years from the issue date and you will need to complete a renewal form at that time.

Additional information about supporting breastfeeding mothers returning to work or school and Breastfeeding Friendly Child Care in New York State, is available at <http://breastfeedingpartners.org/>. Click on Work and School.

Name of Provider \_\_\_\_\_

Day Care Home Name (if different) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Number of infants (under 12 months of age) now in care \_\_\_\_\_

CACFP Provider Number \_\_\_\_\_

CACFP Sponsor Number \_\_\_\_\_ Sponsor Name \_\_\_\_\_

Check here if renewal.

For more information on Breastfeeding  
visit CACFP's website at  
[www.health.ny.gov/CACFP](http://www.health.ny.gov/CACFP)



USDA is an equal opportunity provider and employer.

***Breastfeeding Friendly Self-Assessment***

- 1. My day care home is a place where breastfeeding families are welcome.** Yes\_\_\_ No\_\_\_
- I encourage mothers to visit and breastfeed during the day.
  - When meeting with new families, I include information about how I support breastfeeding.
  - There is a sign/poster visible to mothers so they know breastfed babies are welcome.
- 2. My day care home helps mothers to continue breastfeeding their babies when they return to work or school.** Yes\_\_\_ No\_\_\_
- I make a comfortable place available for mothers to nurse their infants before or after work.
  - Group Day Care Homes: I ensure that nursing mothers employed by our home have reasonable breaks each day to express milk, and reasonable efforts are made to provide a room or other location (not a bathroom) to express milk in privacy. \*Required by Section 206-c of NYS Labor Law.
- 3. My day care home has accurate written materials on breastfeeding topics available for all parents.** Yes\_\_\_ No\_\_\_
- I offer written materials that are easy to understand and are not produced by formula companies.
  - I understand the written materials about breastfeeding that I offer to parents.
  - I can tell moms about community resources like support groups, WIC Breastfeeding Coordinators and lactation consultants.
  - I have contact information and can refer moms to community resources as needed.
- 4. My day care home feeds infants on demand and coordinates feeding times with the mother's normal feeding schedule.** Yes\_\_\_ No\_\_\_
- I develop an infant feeding plan with each family as infants enroll. The plan is updated as infants move through the stages of development.
  - I do not give breastfed babies food/drink, other than their mother's breastmilk, unless indicated in the feeding plan.
  - I feed infants based on their hunger and fullness cues.
  - Refrigerator and freezer space is available for pumped breastmilk which is labeled with the infant's full name and the date it was pumped.
  - I encourage mothers to provide a small backup supply of frozen breastmilk in case the infant needs to eat more often or the pickup time is delayed.
- 5. My day care home is prepared to support breastfeeding moms.** Yes\_\_\_ No\_\_\_
- I am trained about the benefits of breastfeeding, how to prepare, feed and store human milk, and the breastfeeding resources available for parents.
  - If group day care, training for my assistant(s) is given soon after they are hired.
- 6. My day care home will post the Breastfeeding-Friendly certificate to show my commitment to breastfeeding.** Yes\_\_\_ No\_\_\_
- 7. I agree to have contact information for my day care home advertised on the Breastfeeding Friendly Child Care listing.** Yes\_\_\_ No\_\_\_
- <http://www.health.ny.gov/prevention/nutrition/cacfp/bfmap2.htm>**

Signature of Provider \_\_\_\_\_ Date \_\_\_\_\_

\*Section 206-c of New York State Labor Law: Right of Nursing Mothers to Express Breast Milk  
<http://www.labor.ny.gov/workerprotection/laborstandards/pdfs/guidelinesexpressionofbreastmilkfinal.pdf>