Learning Session 3: Serving Meals Family-Style & Supporting Breastfeeding

Early Childhood Health Promotion and Obesity Prevention

National Early Care and Education Learning Collaboratives (ECELC) Project

Acknowledgements

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  - For the evaluation component of this national effort
Learning Session 3

The ABC’s of a Healthy Me!
Go NAP SACC*

Serving Meals Family-Style & Supporting Breastfeeding
Continue Action Plan & Storyboard

Reducing Screen Time & Celebrating Success
Continuing the process of change

Nurturing Healthy Eaters & Providing Healthy Beverages
Action Plan

Getting Kids Moving
Continue Action Plan & Storyboard

Learning Session 3 Objectives

At the end of the Learning Session, providers will be able to:

1. Describe best practices for family-style dining and breastfeeding support and identify change opportunities within their program;

2. Continue the Action Plan and develop action steps for the provider and environment; and

3. Continue to document and communicate the process of healthy changes on their storyboard.

*Go NAP SACC is a Nutrition and Physical Activity Self Assessment for Family Child Care for FCC providers comparing their current practices with a set of best practices.
LS2 Action Period

Part A: Family-Style Dining
What is Family-Style Dining?

- A meal service approach that helps providers support children to have developmentally appropriate mealtime experiences and helps to prevent childhood obesity
- Involves children and adults sitting together to enjoy foods and beverages in a manner that supports children’s independence
- Foods and beverages are placed on the table where the children and adults sit together to share the meal
- Children are encouraged to serve themselves independently with adult help when needed.
Why is Family-Style Dining Important?

- Enriches a child’s learning environment
- Gives children the opportunity to take an active role in their feeding
- Creates a unique opportunity for us to model healthy food choices and table manners

Characteristics of Family-Style Dining

- Children help set the table
- Child-size tables, utensils, and serving dishes are utilized
- Food is passed in small containers
- Beverages are served in small pitchers
- Children serve themselves
- Providers sit at the table with children and role model by eating the same foods
- Children engage in conversation
Family-Style Dining Supports Child Development

- Small, large, oral motor development
  - Passing out plates, tipping a pitcher of milk, and lifting a serving spoon of food use a variety of motor skills
  - Learning to use serving utensils, such as tongs, allows children to develop fine motor skills
  - Children need to balance to stay in their chairs, which strengthens core muscles
  - Oral motor skills are developed when children learn to drink from a glass

- Social Development
  - Provides teaching opportunities for sharing, turn taking, and table manners
  - Children learn empathy and how to recognize and respond to others’ needs
  - As children talk with their peers and adults at meals, they practice social etiquette behaviors, such as saying “please” and “thank you”, and learn the art of conversation and how important these are for a pleasant mealtime experience
  - Adult role modeling of both manners and conversation skills is fundamental to family-style dining
Family-Style Dining Supports Child Development

- Language Development
  - Mealtime conversations develop children’s language and can create a language-rich environment
  - Using words and sentences describing the flavor, texture, color, or temperature of a food enriches children’s vocabulary
  - Talk about topics that interest the children in your program!

- Emotional Development
  - Can boost a child’s self-confidence through trying new things and mastering new skills
  - Getting food from the serving bowl to their plate is a reason to celebrate
    - “I did it!” are important words for children to say
  - Waiting their turn for food to be passed around helps children practice self-regulation
  - Children learn independence when they help to set the table, serve themselves, and clear the table
Getting Children Ready for Family-Style Dining

- To be successful with family-style meal service, it’s important that children:
  - Learn and develop mealtime skills
  - Practice self-feeding

Child Size Equipment

- Developmentally appropriate equipment allows children to:
  - Develop and enhance fine motor skills to grasp, hold, and manipulate small objects and tools
  - Improve hand-eye coordination skills
Getting Yourself Ready for Family-Style Dining

- It’s important that you are prepared to:
  - Encourage self-feeding practices
  - Arrange seating to support skills
  - Assess children’s mealtime skills
  - Integrate Meal Service Practice into other activities

Integrating Meal Service into Daily Activities

- Daily transitions and routines
- Dramatic play
- Small motor experiences
- Sand and water play
- Literacy and music/movement activities
Create a Mealtime Environment that Promotes Learning and Exploration

Phrases that Hinder
- “You have to eat that”
- “Do not leave the table until everything is finished”
- “Carli, look at Maria. She ate all of her bananas and you did not.”
- “You may not have seconds, we don’t have enough to give them to everyone.”
- “I’m going to tell your mom you weren’t a good eater today at school.”

Phrases that Help
- “These radishes are crunchy! What other vegetable is crunchy?”
- “This is a kiwi. It is sweet. What fruits do you like that are sweet?”
- “What should you do when your stomach is full from eating?”
- “Thank you for trying a new vegetable. It is ok that you did not like it”

Getting Your Home Ready for Family-Style Dining

- Procure appropriate furniture and equipment
- Implement gradually
Are you ready for family-style dining?

Putting It All Together
Mealtime Routine Sample Handout

Mealtime Routine sample
1. Call for helpers children with tasks given
2. Transition activity sing
3. Rationale for how task is done
4. Children present to serve
5. Teachers and children prepare food
6. Teachers assist children with food
7. Teachers assist children with eating

Family Style Mealtime Checklist

Mealtime Routine
- Teachers should allow for food to be prepared and ready at the designated time.
- Appropriate spaces and seating areas
- Food is served in a way that is appropriate for all children.
- Serving bowls are made of materials that do not tend to heat and are not too hot to touch.
- Visual cues are used to assist children with mealtime.
- Children wash hands before and after eating.
- Teachers eat with children.
- Children and teachers dispose of waste.
- transition - children choose own items or portions as others finish eating.

Mealtime expectations to review with children:
- We will sit together at the table.
- We all serve to the table at the same time.
- We will not interrupt or head for ice before we begin.
- We will use water and pass food we want others.
- We will try hard to eat.

Feeding hand positions for children:
- Pass and hold family
- Feed food over the table while putting
- Keep food under the table while putting
- Feed food with the hands to keep fingers not messy

Family Style Practice Activities
Serving, children practice "small group activity or set up a serving center in classroom"
- Practice with system bags, and should not eat a plate with serving options
- Practice serving set up water table or serving center in classroom
- Practice serving:
  - Practice with dry food such as rice or beans
  - Practice with water and pouring the container free
  - Clean-up practice "small group activity or small group activity"
  - Practice clean up with garbage or liquid
  - Practice clean up with meal prep or cloth
  - Practice clean up of table and floor with water

Physical Activity Break
Part B: Breastfeeding Support

Call to Action

“One of the most highly effective preventative measures a mother can take to protect the health of her infant and herself is to breastfeed. The decision to breastfeed is a personal one, and a mother should not be made to feel guilty if she cannot, or chooses not to breastfeed. The success rate among mothers who choose to breastfeed can be greatly improved through active support...”

Action: Ensure that all early care and education providers accommodate the needs of breastfeeding mothers and infants.

Why is breastfeeding important?

- **Mother’s milk is best for babies.**
- Mother’s milk provides her baby exactly what is needed to grow and thrive
- Breastmilk changes over time to keep up with a baby’s changing nutrition and disease protection needs
- To date, over 30 components to breast milk have been identified, protecting babies from infections and illness.
- Breastfed babies benefit from “borrowing” their mother’s immune system at exactly the time when they are most susceptible to illnesses due to the immaturity of their own immune system.

Breastfed Babies are Healthier

- It’s no surprise then that breastfed babies are healthier
  - Less likely to grow up to be obese or suffer from conditions like diabetes and asthma
  - Get sick less often with things like diarrhea and ear infections. When they do get sick, it is usually not severe.
  - Breastfeeding helps protect babies against Sudden Infant Death Syndrome (SIDS).
- The physical contact involved in breastfeeding is also important to newborns. It can help them feel more secure, warm and comforted.
Why Do Moms Need Your Support?

- 81% of moms desire to breastfeed
- 79% of moms start breastfeeding
- 60% of moms do not meet their breastfeeding goals (frequency and/or duration)
- Returning to work is the primary reason for ending breastfeeding
- Shorter duration of breastfeeding if baby is in an early care and education environment

Breastfeeding Benefits Women

- Health Benefits
  - Type 2 diabetes
  - Breast and ovarian cancer
  - Postpartum depression
- Increased weight loss
- Attachment
- Convenience
- Savings
Breast Milk Can Save You Money

- **Breast milk is part of the CACFP meal pattern**
  - It is reimbursable for infants if fed by the mother or care provider
  - It’s free! No equipment to purchase
    - Cost effective for families as well
  - For children over 12 months, breast milk may be substituted for cow’s milk
    - Doctor’s note may be required

- **Human milk is food**
  - You do not need to store human milk in a separate refrigerator
  - You do not need to wear gloves to give a bottle of human milk or formula
  - Contact with human milk is not hazardous exposure

Breastfeeding Report Card

<table>
<thead>
<tr>
<th></th>
<th>National</th>
<th>Healthy People 2020 Targets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever breastfed</td>
<td>81.1%</td>
<td>81.9%</td>
</tr>
<tr>
<td>Exclusively BF at 3 months</td>
<td>44.4%</td>
<td>46.2%</td>
</tr>
<tr>
<td>Exclusively BF at 6 months</td>
<td>22.3%</td>
<td>25.5%</td>
</tr>
<tr>
<td>Breastfeeding at 6 months</td>
<td>51.8%</td>
<td>60.6%</td>
</tr>
<tr>
<td>Breastfeeding at 1 year</td>
<td>30.7%</td>
<td>34.1%</td>
</tr>
</tbody>
</table>
Breastfeeding Recommendations

The American Academy of Pediatrics recommends:

- **Exclusive breastfeeding for about 6 months**, followed by continued breastfeeding as complementary foods are introduced
- **Continuation of breastfeeding for at least 1 year**
- **Continuation of breastfeeding beyond 1 year** for as long as mutually desired by mother and infant

**Exclusive breastfeeding means an infant is given no other substances for food (e.g. no infant formula or water)**

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Is Your FCC Program Breastfeeding Friendly?

1. My child care home is a place where breastfeeding families are welcome. Yes___ No___
   - Encourage parents to visit and breastfeed during the day.
   - When meeting with new families, include information about how to support breastfeeding.
   - Tell parents that breastfeeding is allowed as they have breastfed before or are
     - Exclusive breastfeeding means an infant is given no other substances for food (e.g. no infant formula or water)

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Hunger Cues

- Doctors recommend that all babies be fed when they are hungry, rather than on a schedule
- Hunger Cues
  - Moving head side to side
  - Opening mouth and sticking out tongue
  - Puckering lips to suck
  - Rooting reflex
- Watch the baby, not the clock
- It is normal for young babies to eat only 2-3 ounces of milk in one sitting
- We want babies to learn that when they are hungry, they eat, and then they are full
  - Scheduled feeding disrupts this learning

Is Your Baby Hungry or Full?
Responsive Feeding Explained

The American Academy of Pediatrics (AAP) has resources to explain and promote responsive feeding including a video, infographic, and tip pages.
General Infant Feeding

- **Breastfed babies do not need solid food before 6 months**
  - Early solids replace breast milk, which should still be main source of food
  - Introduce solids when developmentally appropriate

- **Introduce solids at signs of readiness**
  - Sits with good head control
  - Opens mouth when food comes his/her way
  - Can move food from spoon to back of throat

- **Don’t feed cereal in a bottle**
  - It’s bad for teeth and will not help a baby sleep longer

- **Hold infants while feeding them**
  - Puts you in good position to see an infant signaling they are full

Cultural Views of Breastfeeding

- Many different cultures look at breastfeeding as a natural choice for feeding
- Many countries have banned the practice of giving free or subsidized formula to new mothers
- Accepting and understanding cultural differences increases cultural sensitivity to those parents who decide to breastfeed
- Some cultures discourage breastfeeding because it ‘spoils’ babies and/or discourages babies from sleeping through the night
How to Support Breastfeeding Mothers

Physical Activity Break
Part C: Facilitating Change in Your Program

The Social Ecological Model

Policies
Environment
Provider
Family
Child
### Action Plan Worksheet

**Start Date:** August

**Provider Name:**

**Goal:** Introduce and Implement Family-Style Dining by October

<table>
<thead>
<tr>
<th>Child</th>
<th>Family</th>
<th>Provider</th>
<th>Environment</th>
<th>Policies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice family-style dining techniques and skills during center and free times (Ongoing beginning August)</td>
<td>Host a family meeting to introduce the benefits of family-style dining (September)</td>
<td>Include family-style dining information and benefits in the programs monthly newsletter (Ongoing)</td>
<td>Add pictures to the bulletin board of children in various stages of pretend play and real play practicing family-style dining techniques (Ongoing beginning August)</td>
<td>Research policies on family-style dining (August)</td>
</tr>
<tr>
<td>Encourage through activities and books that promote healthy nutrition and family-style dining in the home to continue practicing techniques in preparation for family-style dining (Ongoing beginning September)</td>
<td>Encourage parents to purchase family-style dining at home with children (Ongoing beginning September)</td>
<td>Learn about family-style dining and review resources to prepare for family-style dining (Ongoing beginning August)</td>
<td>Post information and tips on family-style dining on the bulletin board (Ongoing beginning August)</td>
<td>Prepare for parent meeting to introduce family-style dining into the program (August)</td>
</tr>
<tr>
<td>Encourage through play in developing conversations and language skills, social/emotional skills, and fine/gross motor skills (Ongoing beginning September)</td>
<td>Practice setting up family-style dining at the table and serving food and beverages at meal times (Ongoing beginning September)</td>
<td>Implement family-style dining fully with children (Ongoing beginning October)</td>
<td>Fully implement family-style dining at home (Ongoing beginning October)</td>
<td>Develop written policy on family-style dining to be included in program policies and family handbook (October)</td>
</tr>
</tbody>
</table>
### Action Plan Worksheet

**Start Date:** November  
**Provider Name:**  
**Goal:** Improve the breastfeeding environment in my program by developing infant feeding plans and creating a private breastfeeding space.

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Feed infants based on infant feeding plan and using responsive feeding cues (Ongoing, beginning November)</td>
<td>Work with families to create individual feeding plans for each infant (Ongoing, beginning November)</td>
<td>Collect sample infant feeding plans and choose a template to use with families (November)</td>
<td>Identify a private, clean, comfortable place for mother's to breastfeed or express their milk (October)</td>
<td>Research sample breastfeeding support practices in preparation for trainings to families (October)</td>
</tr>
<tr>
<td></td>
<td>Invite families to attend training on breastfeeding support (Ongoing beginning mid November)</td>
<td>Learn about best practices in breastfeeding support and attend training (Ongoing beginning early November)</td>
<td>Purchase all equipment needed: refrigerator for storage of breastmilk, bottles/bags, labels, comfortable chair, etc. (end of November)</td>
<td>Offer breastfeeding support sessions twice a year for families (Ongoing beginning November)</td>
</tr>
<tr>
<td></td>
<td>Identify and gather brochures for community breastfeeding support: Lactation League (November)</td>
<td>Set up the bulletin board for parent information regarding breastfeeding (Ongoing beginning November)</td>
<td>Purchase posters, books, handouts for both children and families regarding breastfeeding support (November)</td>
<td>Apply to the State for becoming a breastfeeding friendly facility (January)</td>
</tr>
<tr>
<td></td>
<td>Maintain on-going communication with families regarding infant feeding needs and cues (Ongoing beginning November)</td>
<td>Display posters and books regarding breastfeeding support (Ongoing beginning November)</td>
<td>Display on parent bulletin board breastfeeding support information (Ongoing beginning November)</td>
<td>Implement program policy on breastfeeding support and include in parent handbook (January)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Set up private breastfeeding space with new equipment (early December)</td>
<td>Create the nursing room with all items purchased for breastfeeding mothers to use while at the home (early December)</td>
<td></td>
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</tbody>
</table>
Sample Policy: Family-Style Dining

At ABC Family Child Care, we support family-style dining by:

- Role-modeling positive healthy eating behaviors in the presence of children
- Sitting with children at the table and eating the same meals and snacks
- Encouraging children to try developmentally-appropriate servings of new foods
- Providing child-size tables, utensils and serving dishes at mealtime
- Providing opportunities outside of mealtime to strengthen pouring and scooping skills that can be utilized during family-style dining

Sample Policy: Breastfeeding Support

At ABC Family Child Care, we support breastfeeding and infant feeding by:

- Providing a clean, welcoming place for mothers to breastfeed or express their milk
- Offering breastfeeding promotional materials that are culturally appropriate
- Providing a refrigerator for the storage of expressed milk
FAMILY CHILD CARE
BREASTFEEDING
POLICIES AND PRACTICES

To create the healthiest possible environment for the infants in my care, I have instituted the
following policies in my family child care program:

Supportive Environment
- Provide an environment that supports breastfeeding families. Support mothers who choose to breastfeed
their infants at home as they may want to continue to work.
- Create a policy, program, or policy statement that clearly states how mothers are to be supported when
they pump breast milk. If a need arises, a nurse or other designated personnel will be available to assist.
- We meet a breastfeeding support need through providing appropriate support services and resources.
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Initial Contact
- Work with parents prior to the start of the child care service to transition to infant or pacifier feeding.
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- Feeding and Handling Milk
- Provide milk and feeding materials as approved by the California Department of Public Health and Family
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Staff Training
- Provide training to all staff at a minimum of every six months to ensure breastfeeding support.
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The ABC's of a Healthy Me!
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Getting Kids Moving & Reducing Screen Time
Continue Action Plan & Storyboard

Celebrating Success
Continuing the process of change

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Technical Assistance Groups

Facilitating Change in Your Program: LS3 Action Period

- **Opportunity to:**
  - Implement action steps for the provider and environment identified for the 1-2 areas providers would like to improve upon
  - Continue a storyboard demonstrating what area(s) the provider improved
- **Trainers provide technical assistance (TA)**
Continuing Your Storyboard

**Providers will finalize their story of change by:**
- Describing what change(s) were made and how they did it
- Sharing who was involved in the process
- Explaining accomplishments and challenges faced
- Sharing photos of the implementation process
- Outlining any policies that were updated as a result
- Explaining the next steps they will take to sustain the change(s)

Part D: Extending your Learning: Provider, Families and Policies
Family-Style Dining at Home

- Encourage families to practice family-style dining at home
- You can promote family-style dining by:
  - Offering special days that parents can participate in eating family-style (Mother’s/Father’s Day Breakfast, Back to School Night, etc.)
  - Sending home easy/quick recipes that allow less time for cooking and more time for eating together at the table
  - Taking photos of children eating family-style at your home and send home a conversation starter for ‘table talk’

Support mothers in breastfeeding as they return to work

- 80% of mothers desire to breastfeed, but 60% are unable to meet their breastfeeding goals
- Returning to work is the primary reason mothers end breastfeeding early
- Important steps to supporting nursing mothers:
  - Talk with the mother to begin to understand her ideas and goals for breastfeeding.
  - Reassure breastfeeding moms that they are doing the best thing for their baby.
  - Encourage them to breastfeed as long as possible.
Advocating for Breastfeeding

- **Breastfeeding is more than a lifestyle choice, it’s a public health issue**

- **Benefits for employers**
  - Moms miss fewer days of work because child isn’t sick as often.

- **Benefits for society**
  - Decreased abuse and neglect rates for Mothers who breastfeed.
  - If 90% of mothers breastfed for 6 months:
    - 1,000 infant deaths could be prevented
    - U.S. could save $13 billion

Resources for Providers and Parents

- La Leche League
- National Resource Center for Health and Safety in Child Care and Early Education
- International Board Certified Lactation Consultants
- Baby-Friendly Hospital Initiative
- Women, Infants, and Children (WIC)
- CDC’s *Breastfeeding and Early Care and Education: Increasing Support for Breastfeeding Families*
CDC’s Breastfeeding and Early Care and Education: Increasing Support for Breastfeeding Families

Resources

- Healthy Kids, Healthy Future
  - www.healthykidshealthyfuture.org

- MyPlate for Preschoolers
  - http://www.choosemyplate.gov/preschoolers.html

- Nutrition and Wellness Tips for Young Children
  - www.teamnutrition.usda.gov

- Nemours’ Best Practices for Healthy Eating
  - www.healthykidshealthyfuture.org

- Child and Adult Care Food Program (CACFP)
  - www.fns.gov/cacfp