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

Acknowledgements

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- **Nemours**
  - For their expertise, materials, support, and time spent on the project’s implementation
- **Gretchen Swanson Center for Nutrition**
  - For the evaluation component of this national effort
Learning Session 3 Objectives

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

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

2. Have the information to continue the Action Plan, with focus on impacting program staff and the program environment; and

3. Continue to document and communicate the process of healthy change by adding to the storyboard.
LS2 Action Period

Part A: Family-Style Dining
Family-Style Dining

What is Family Style Dining?

- A meal service approach that helps ECE programs 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
- Adults sit at the table with children and role model by eating the same foods
- Children engage in conversation
FSD 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

FSD Supports Child Development

- 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 FSD
FSD Supports Child Development

- **Language Development**
  - Mealtime conversations develops 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 FSD

- 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 Staff Ready for FSD

- It’s important that staff 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 Program Ready for FSD
- Procure appropriate furniture and equipment
- Implement gradually
Are you ready for family-style dining?

Tips for Success

- Follow the Same Routine
- Adult Involvement is Key
- Be Prepared for Mistakes
- Make Clean-Up Easy
- Quiet Transition Activity
Mealtime Routine Sample Handout

Family Style Mealtime Routine

Mealtime Routine
2. Wash hands before eating.
3. Children should eat their food in a quiet environment.
4. Keep children at the table until finished eating.
5. Teach children to eat with utensils.

Physical Activity Break

Early Learning Standards

Physical Activity Break
Sesame Street Healthy Habits for Life Toolkit

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.


---

What Do You Know About Breastfeeding?

**True/False Activity**

What Do You Know About Breastfeeding?

<table>
<thead>
<tr>
<th>True/False Activity</th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>One 7% of women can’t breastfeed</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>Feeding a baby formula instead of mother’s milk usually means the immune system will protect the baby</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>If a child is not breastfed, she is more likely to get infections</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>If a child is not breastfed, she is more likely to die of HIV (Mother-Infant Transmission)</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>If a child is not breastfed, she is more likely to become overweight</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>Suction formula is missing many of the components in human milk</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>The longer a mother breastfeeds, the better it is for her health</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>Abusers should be given access to formula</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>Women need not be breastfed, even if breastfed themselves</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>Mothers should be breastfed for at least one year</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>Mothers should breastfeed for at least two years</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>Mothers should breastfeed for at least three years</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>No matter the mother’s diet, a mother’s milk is the best and healthiest food for the baby</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>Mothers should not be paid for a few weeks</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>Breast milk is covered under the CHIP (Child and Adult Care Food Program)</td>
<td>True</td>
<td>False</td>
</tr>
</tbody>
</table>
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 Your Program Money

- **Breast milk is part of the CACFP meal pattern**
  - It is reimbursable for infants if fed by the mother or child 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)

10 Steps to a Breastfeeding-Friendly Program

1. Update/change program policies
2. Conduct staff trainings
3. Communicate with families
4. Provide learning and play opportunities for children
5. Practice proper storage and labeling
6. Provide a dedicated space for nursing
7. Provide employee support
8. Create a feeding plan
9. Refer families to appropriate community programs
10. Continue to learn and provide updates to program staff
Breastfeeding-Friendly Child Care Centers Handout

Ten Steps for Breastfeeding-Friendly Child Care Centers

- Step 1: Always ensure the importance of breastfeeding, especially exclusive breastfeeding, and show no constructiveness of formula.
- Step 2: Be sensitive to the mothers’ breastfeeding support system.
- Step 3: Provide a warm, comfortable, and supportive breastfeeding environment.
- Step 4: Avoid distractions and interruptions of breastfeeding.
- Step 5: Encourage mothers to continue breastfeeding after the age of 6 months.
- Step 6: Support breastfeeding parents in the workplace.
- Step 7: Provide adequate supervision and support for breastfeeding.
- Step 8: Provide written breastfeeding information and support to all clients.
- Step 9: Encourage breastfeeding and support breastfeeding as a normal part of child care.
- Step 10: Promote breastfeeding as a normal part of child care.

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 allows staff to become culturally sensitive to those parents and families who decide to breastfeed
- Some cultures discourage breastfeeding because it ‘spoils’ babies and/or discourages babies from sleeping through the night

Cultural Competence

- Respect the individual
- Understand various cultural backgrounds
- Understand appropriate personal space and eye contact
How to Support Breastfeeding Mothers

Lunch
Part C: Overcoming Challenges to Meeting Family Style Dining Best Practices & Supporting Breastfeeding

Challenge: Time

- **Time demands**
  - It takes longer to serve and eat meals family-style

- Solution #1: Delegate tasks to children
- Solution #2: Teach children meal and snack time routines
- Solution #3: Adjust the daily schedule
Challenges: Messiness

- **Messiness**
  - Family style eating can be seen as messy or unsanitary

- Solution #1: Be Prepared for Messes
- Solution #2: Adopt strategies to minimize and avoid contamination of food.
- Solution #3: Start Small

Challenges: Motor Skills

- **Motor Skill Level Differences**
  - Some children will need more help serving themselves than others

- Solution #1: Give children lots of learning activities to help them develop motor skills needed for family-style dining
- Solution #2: Use age-appropriate eating equipment
- Solution #3: Designate adult learners at every table
- Solution #4: Use a Buddy System
Tips for Dealing with Messes

Family Style Meals:
Tips for Dealing with Messes

This video comes from the University of Nebraska-Lincoln

Challenge: Nutritional Concerns

- Nutritional Concerns
  - You may be concerned that children will not eat well if allowed to serve themselves

- Solution: Provide positive guidance to children.
Challenge: Lack of Staff Motivation

- **Lack of Staff Motivation**
  - You may be hesitant to make the switch to family style dining for a variety of reasons

- Solution: Learn about family style dining before adopting it into everyday practice

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Challenge: Is it against the rules?

- **Isn’t it against the rules?**
  - I participate in my state’s food program. I don’t think I’m allowed to do some of the family-style dining elements.

- Solution #1: Lunch box kids can practice family style dining
- Solution #2: State Food Programs DO support family-style dining
Challenge: Space Constraints

- **Space constraints**
  - You may not have a whole room to set aside for breastfeeding or may be unsure of what is needed for a lactation room.
  
- Solution #1: Convert a corner or private space into a breastfeeding station
- Solution #2: Learn more about what breastfeeding mothers need in that space.
Challenge: How to Support?

- **Unsure How to Support Breastfeeding**
  - You may feel like you do not have the knowledge and training to provide breastfeeding support.

- Solution: Find educational materials and trainings about breastfeeding

Challenge: Lack of knowledge about available support

- **Parents are Unaware of Breastfeeding Support Offered**
  - Mothers may not use available resources because they do not know they exist or are unsure how welcoming you are to breastfeeding.

- Solution #1: Create a written breastfeeding policy for your child care center or home.
- Solution #2: Become a valuable resource for your mothers
Part D: Facilitating Change in Your Program

The Social Ecological Model
### Action Plan Worksheet

**Start Date:** August  
**ECE Program Name:** ABC Childcare  
**Goal:** Introduce and Implement Family-Style Dining by October

<table>
<thead>
<tr>
<th>Child</th>
<th>Family</th>
<th>Program Staff</th>
<th>Program Environment</th>
<th>Program Policies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice family-style dining techniques and skills during meal times (Ongoing beginning August, Teacher)</td>
<td></td>
<td>Educate teachers and Cook during staff meetings on family-style dining (Ongoing beginning August, Director)</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, Teachers)</td>
<td>Research policies on family-style dining (August, Director)</td>
</tr>
<tr>
<td>Encourage through activities and books to promote healthy nutrition and family-style dining in the classroom to continue practicing techniques in preparation for family-style dining (Ongoing beginning September, Teacher)</td>
<td>Host a family meeting to introduce the benefits of family-style dining (September, Director and Staff)</td>
<td>Provide on-going resources and education to prepare staff in the implementation of family-style dining in the program (Ongoing beginning September, Director and Cook)</td>
<td>Post information and tips on family-style dining on the parent bulletin board (Ongoing beginning August, Director and Teachers)</td>
<td>Prepare for parent meeting to introduce family-style dining into the program (August, Director, Teachers, Cook)</td>
</tr>
<tr>
<td>Practice meal-setting/lining the tables and serving food and beverages at meal times (Ongoing beginning September, Teacher)</td>
<td>Practice meal-setting/lining the tables and serving food and beverages at meal times (Ongoing beginning September, Teacher)</td>
<td>Encourage parents to practice family-style dining at home with children (Ongoing beginning September, Director and Staff)</td>
<td>Purchase family-style dining materials for the program to include books, resources, materials for each classroom (September, Director)</td>
<td>Prepare materials, webinars, and resources for staff meetings in preparation of implementing family-style dining into the program (Ongoing beginning August, Director and Cook)</td>
</tr>
<tr>
<td>Implement family-style dining fully with children (Ongoing beginning October, Director, Teachers, and Staff)</td>
<td></td>
<td></td>
<td>Fully implement family-style dining into the program (Ongoing beginning October, Director, Teachers, and Staff)</td>
<td>Develop written policy on family-style dining to be included in program policies, staff and family handbooks (October, Director)</td>
</tr>
</tbody>
</table>
Start Date: November  
ECE Program Name: ABC Child Care Center

Goal: ABC Children’s Academy will improve the breastfeeding environment in our program by developing infant feeding plans and creating a private breastfeeding space.

<table>
<thead>
<tr>
<th>Child</th>
<th>Family</th>
<th>Program Staff</th>
<th>Program Environment</th>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Feed infants based on infant feeding plan and using responsive feeding cues (Ongoing beginning November, Teachers and Staff):**

- Work with families to create individual feeding plans for each infant (Ongoing, beginning November, Teachers).
- Invite families to attend training on breastfeeding support (ongoing beginning mid-November, Director and Staff).
- Identify and gather brochures for community breastfeeding support (ongoing beginning November, Director).
- Member on-going communication with families regarding infant feeding needs and cues (ongoing beginning November, Teachers).

**Collect sample infant feeding plans and choose a template to use with families (November, Director and Staff):**

- Learn about best practices in breastfeeding support and attend training (ongoing beginning early November, Director and Staff).
- Teachers to help set-up the bulletin board for parent information regarding breastfeeding (ongoing beginning November, Director and Staff).
- Teachers to display posters and books in classrooms regarding breastfeeding support (ongoing beginning November, Staff).
- Staff to help set up and maintain the breastfeeding space with new equipment (early December, Director and Staff).

**Identify a private, clean, comfortable place for mothers to breastfeed or express their milk (October, Director):**

- Purchase all equipment needed: refrigerator for storage of breast milk, bottle bags, labels, comfortable chair, etc. (end of November, Director).
- Purchase posters, books, handouts for both children and families regarding breastfeeding support to be displayed in the program (November, Director).
- Create the nursing room with all items purchased for breastfeeding mothers to use (early December, Director and Staff).

**Research sample breastfeeding support practices in preparation of trainings to staff and families (October, Director):**

- Provide breastfeeding support training for all staff (November, Director).
- Offer breastfeeding support sessions to all families (ongoing beginning November, Director and Staff).
- Apply to the State for becoming a breastfeeding friendly facility (January, Director).

- Implement program policy on breastfeeding support and include in staff and parent handbooks (January, Director).
Sample Family-Style Dining Policies

- At ABC 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 Breastfeeding Support Policies

- At ABC 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
  - Ensuring all caregivers/teachers feed infants on cue unless the parent/guardian and the child’s primary care provider give written instructions otherwise
  - Providing professional development trainings to staff on supporting breastfeeding at least twice per year
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

Technical Assistance Groups

Action Plan

*Go NAP SACC is a Nutrition and Physical Activity Self Assessment for Child Care for Early Childhood Education settings comparing their current practices with a set of best practices.
Facilitating Change in Your Program: LS3 Action Period

- **Facilitated by the program Leadership Team**
  - Training for program staff
  - Mini-version of the Learning Session that the Leadership Team attended

- **Opportunity to:**
  - Complete the *Learning Session 3 Group Discussion Worksheet*
  - Implement action steps identified on their Action Plan for program staff and the program environment
  - Collaborate with program staff to continue creating your storyboard demonstrating what area(s) the program improved

- **Trainers provide technical assistance (TA)**

Creating a Storyboard

- **Programs will express 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
  - Describing how participants reacted to the change(s)
  - Outlining any program policies that were updated as a result
  - Explaining the next steps they will take to sustain the change(s)
Physical Activity Break

Part E: Extending Your Learning: Staff, Families and Program 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 the program and send home a conversation starter for ‘table talk’

Feeding Best Practices for Children

- Serve meals family-style
- Encourage self-feeding
- Eat when seated at a table
- Use appropriate serving sizes
  - Serve more only if the child is still hungry
  - Children will eat what they need
- Engage children in mealtime prep and cleanup
- Serve familiar and new foods
- Encourage children to try new foods, don’t force
- Do not use food as punishment or reward
- Integrate nutrition experiences for children in to program activities
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
Breastfeeding at Work

- Affordable Care Act requires support of hourly employees
  - Insurance benefits may cover the cost of breastfeeding equipment, such as breast pumps
- If mothers want to breastfeed upon return to work, they should have a:
  - Reasonable break time
  - Private space
  - A place to store their pumped milk
  - Work support system

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
Check-Out

Trainer Contact Information