

## Supporting Breastfeeding in Child Care Settings.....for Parents

- Feeding breast milk to your baby is the best nutrition you can offer
- Teaming with your child care provider can allow you to continue to feed your baby breast milk when you return to work or school



### Prepare Baby Before You Return to Work or School

- Contact your health care provider, local health department or visit [www.la lecheleague.org](http://www.la lecheleague.org) or [www.kellymom.com](http://www.kellymom.com) for information about choosing a breast pump, along with other breastfeeding and pumping tips
- Introduce one bottle a day to your baby at least two weeks before starting child care so that your baby learns to drink from a bottle
- It may take many tries before your baby will drink from a bottle
- Not all bottle nipples are alike – use a dome-shaped, slow flow nipple

### Prepare Child Care Provider Before You Return to Work or School

- Take your baby to child care for a few short visits before you return to work or school to allow your child care provider practice with feeding your baby
- Discuss with your child care provider whether you will be breastfeeding on site or sending pumped milk in a cooler with ice packs
- Write down your baby's home feeding schedule so your provider will know your baby's routine

### Feeding at Child Care

- Ensure your baby has enough breast milk for the day by estimating the average amount baby will need per feeding (calculate by dividing 25 oz by the number of nursings per 24 hours, for example, if baby usually nurses 8 times per day, baby may need about 3 oz per feeding)
- To minimize waste, send milk in 2-4 oz portions and have some in smaller amounts of 1-2 oz in case baby needs more before you arrive
- Store extra feedings in hard plastic bottles or plastic bags that are used to store breast milk
- Label all bottles or storage containers with your baby's name and date the breast milk was pumped
- Ask your child care provider about what your baby did for the day, including how much and when your baby ate and how many wet and dirty diapers your baby had during the day
- Promote breast milk as the only food offered until baby is 6 months of age unless otherwise directed by a health professional
- Request a quiet place to nurse at child care if needed