

Day care home providers can be a big help for breastfeeding mothers when they go back to work or school. CACFP has a way day care homes can support breastfeeding moms. When a day care home meets the attached standards it will become known as a Breastfeeding-Friendly Day Care Home.

### **Why would day care homes support breastfeeding?**

- 1) Breastfeeding helps babies
  - Breastfed babies are less likely to get sick, and have less diarrhea and constipation.
  - Breastfeeding lets mom and baby be close after time apart.
  - Breastfed babies are less likely to be overweight.
  - Breastfed babies are less likely to develop allergies.
  - Taking care of breastfed babies is easier. They spit up less. Breast milk does not stain clothing. Diapers have fewer odors.
  
- 2) Breastfeeding helps my day care home business
  - When breast milk is fed, CACFP will still pay for meals.
  - I don't have to buy infant formula.
  - I can advertise as a Breastfeeding-Friendly Day Care Home.
  - My day care home can be on my Sponsor's referral list as Breastfeeding Friendly.

### **How can I become a Breastfeeding-Friendly Day Care Home?**

Complete the Self Assessment form and give it to your Sponsor. Your Sponsor will review your completed Self Assessment form. When your Sponsor determines your day care home meets the standards, NYS CACFP will send you a Breastfeeding-Friendly Day Care Home Certificate and window cling.

If you are not ready to apply yet but you want more information about breastfeeding, contact your CACFP Sponsor.



Modeled after UNICEF's Baby Friendly Hospital Initiative.