

Breastfeeding-friendly day care homes:

- Welcome breastfeeding moms and families
- Help moms breastfeed their babies after they go back to work or school
- Feed babies on demand and work to match feeding times with parent schedules
- Has trained staff to support breastfeeding parents
- Make breastfeeding information available to all parents
- Post the Breastfeeding-Friendly Certificate for families to see

If you think your day care home is Breastfeeding Friendly

- ***Fill out the area below***
- ***Answer the self-assessment questions on the back***
- ***Give the completed form to your CACFP Sponsor***

Day care homes that answer “Yes” to all 6 Standards receive a certificate from the New York State Department of Health which states they are a Breastfeeding-Friendly Day Care Home. The certificate expires after 2 years. You will need to complete another self-assessment at that time.

If you are not ready to apply now and you want more information about becoming a breastfeeding-friendly day care home, call your Sponsor.

Name of Provider: _____

Day Care Home Name (if different): _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

Name of CACFP Sponsor: _____

Number of infants (under 12 months of age) now in care: _____

For More Information on Breastfeeding,
visit CACFP’s Website
www.nyhealth.gov/nutrition



Breastfeeding Friendly Self-Assessment

1. *My day care home is a place where breastfeeding families are welcome.* Yes___ No___

Mom can sit in a quiet and comfortable place to feed her baby or pump breast milk. A breastfeeding poster is nearby. Moms are welcome to visit and breastfeed during the day if they can, or at the end of the day. My assistants are also encouraged to breastfeed their babies while in care.

2. *My day care home helps moms breastfeed their babies after they go back to work or school.* Yes___ No___

We tell parents that my day care home can help them continue breastfeeding their babies when they are working or going to school. My day care home has information for families about breastfeeding when they first enroll their baby in my day care home.

3. *My day care home has accurate written materials about breastfeeding to give all parents.* Yes___ No___

I understand the written materials about breastfeeding. I can tell moms about community resources like breastfeeding support groups, or lactation consultants. I can refer moms as needed.

4. *My day care home feeds infants on demand and works to match feeding times with mom's normal feeding schedule.* Yes___ No___

We only give babies breast milk unless the parents tell us other food or drink can be given. Parents are asked what they want the day care staff to do if Mom arrives late to breastfeed and her baby is hungry, or if the breast milk supply is gone.

5. *My day care home makes sure assistants can support breastfeeding moms.* Yes___ No___

All my day care staff has a positive attitude and believes my day care home can help moms go back to work and breastfeed their babies. I am trained about the benefits of breastfeeding, preparation, storage and feeding of breast milk and resources available for parents.

6. *My day care home will post the Breastfeeding-Friendly certificate to show my commitment to breastfeeding.* Yes___ No___

Signature of Provider _____ Date: _____