

What is Breastfeeding-Friendly Day Care Home?

The New York State Department of Health encourages new mothers to breastfeed their babies. The Child and Adult Care Food Program helps day care homes support breastfeeding families. A day care home completes an assessment that shows they support breastfeeding families. These homes are recognized with Breastfeeding-Friendly certificates.

Why should I breastfeed after I go back to work or school?

- Breastfed babies are less likely to get sick, and have less diarrhea and constipation.
- Breastfed babies are less likely to develop allergies.
- Breastfeeding lets mom and baby be close after time apart.
- Taking care of breastfed babies is easier. They spit up less.
- Breastfed babies are less likely to be overweight.
- Breastfeeding can save money. I would be buying less formula.



How does a breastfeeding-Friendly day care home help my baby and me?

If your baby is in a Breastfeeding-Friendly day care home, you can expect a certain standard of care:

- You will be welcome to breastfeed in the day care home.
- You will receive accurate information about breastfeeding.
- Staff is trained to give breastfeeding information and support to help you breastfeed after you go back to work or school.

Where can I find Breastfeeding-Friendly Day Care Home?

DAY CARE HOME NAME:	HOME ADDRESS:



Where can I find more information on breastfeeding?

- **Breastfeeding Partners**
www.breastfeedingpartners.org
 You will find information for breastfeeding mothers and their families, pregnant women, peer counselors and the WIC program.
- **NYSDOH Breastfeeding Promotion Program**
www.health.state.ny.us/community/pregnancy/breast-feeding
 You will find information on the Health Department's activities and information about breastfeeding.