



“Positive, supportive feeding techniques are essential practices in helping babies to establish good eating habits, warm relationships with their various caregivers and healthy attitudes towards themselves and others.”

Feeding Infants, A Guide for Use in the Child Nutrition Program, USDA

How Child Care Centers Can Support Breastfeeding

- Provide a quiet, comfortable, private space with a comfortable chair and pillow to support direct breastfeeding as well as a place to wash hands.
- Create a culturally-appropriate, breastfeeding-friendly environment.
- Establish a supportive breastfeeding policy and ensure all families and staff are aware of the policy.
- Train all staff so that they can support breastfeeding promotion and activities.
- Provide updated information of community services and resources.
- Encourage and facilitate communication between breastfeeding families and the center staff. Set up tools and a plan to help families integrate breastfeeding goals with child care needs.

Promoting and Supporting Breastfeeding through Child Care Centers



For information on the UC Davis
Breastfeeding Support Program:
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Safe Storage & Transport

- Refrigerate breastmilk immediately after expression to lengthen the life of the milk.
- In general expressed milk can be stored in the home refrigerator for up to 5 days and from 3-6 months in the freezer. When freezing, leave space for expansion.
- Previously frozen breastmilk that has been thawed in the refrigerator, but not warmed, should be used within 24 hours. Do not refreeze.
- Warmed breastmilk, not introduced to a baby's mouth, should be used within three hours.
- Breastmilk introduced to a baby's mouth should be used or discarded within an hour.
- Do not save milk from a used, unfinished bottle for another feeding.
- Do not mix breastmilk and formula.

Handling

- Wash hands with soap and water when preparing bottles and before feedings. Antibacterial soaps are not necessary.
- Milk containers should be clearly labeled with a child's name and the date that the milk was expressed or thawed.
- Breastmilk that has been stored in the refrigerator or thawed should be swirled gently, not shaken, to spread the milkfat content and reduce the possibility of destroying protein structures.
- Bottles can be warmed in a bowl of warm water to no greater than 120 degrees and for no longer than 15 minutes. Swirl bottles gently and occasionally to distribute heat. Test milk on the inside of your clean wrist before giving bottle to the baby. Never microwave baby bottles.
- Bring separate containers to the same temperature before mixing contents.

Feeding

- A sufficient number of clearly labeled bottles should be provided each day filled with the average amount that her baby drinks at each feeding.
- Additional bottles with 1-2 smaller feedings for those days that baby may eat a little more are recommended.
- Babies should be fed in response to their age appropriate hunger cues, rather than on a schedule.
- Feeding should mimic the breastfeeding experience by encouraging frequent pauses during the session.
- Feedings should be paced in volume appropriate to the developmental age of the baby and/or guidance from the parents.
- Feedings for breastfed babies should be coordinated to family's schedule (e.g. baby will not be fed 1-2 hours prior to pickup).
- An infant feeding plan should include what to do if mom will be delayed or if the center runs out of milk.

