

**Model Breastfeeding Policy for Childcare**  
Breastfeeding Resources  
Healthy Eating Active Living (HEAL)  
Cambridge Public Health Department (CPHD)

**Purpose:** This is an model or draft of a breastfeeding policy for childcare sites. It can be edited, updated and otherwise changed to meet the needs and culture of any individual childcare provider.

**Planning:** The CPHD Healthy Eating Active Living unit provides assistance to those who want to adopt and/or implement breastfeeding policies at their childcare, early education or after school care site.

- **Draft a Breastfeeding Policy:** Collaborate with teachers and staff to create a policy that works for your site.
- **Implement the Breastfeeding Policy:**
  - Review the policy in detail at annual staff trainings and for new staff onboarding.
  - Provide a copy for families with other policies annually.
  - Promote and enforce the policy onsite.
- **Contact Rachael Cross**, public health nutritionist at [rcross@challiance.org](mailto:rcross@challiance.org) for questions, technical assistance, etc.

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*Example/Draft Breastfeeding Policy Language:*

The \_\_\_ care center is committed to providing ongoing support to breastfeeding mothers. Well-defined research has documented a multitude of health benefits to both the mother and infant. The \_\_\_ care center subscribes to the following policy:

**Breastfeeding mothers shall be provided a place to breastfeed or express their milk.**

*Breastfeeding mothers, including employees, shall be provided a private and sanitary place to breastfeed their babies or express milk. This area has an electric outlet, comfortable chair, and nearby access to running water. Mothers are also welcome to breastfeed in front of others if they wish.*

**A refrigerator will be made available for storage of expressed breast milk.**

*Breastfeeding mothers and employees may store their expressed breast milk in the center of the refrigerator (never on the door shelf). Mothers should provide their own containers, clearly labeled with name and date.*

### **Sensitivity will be shown to breastfeeding mothers and their babies.**

*The center is committed to providing ongoing support to breastfeeding mothers, including providing an opportunity to breastfeed their baby in the morning and evening, and holding off giving a bottle, if possible, when mom is due to arrive. Infant formula and solid foods will not be provided unless requested by the mother. Babies will be held closely when feeding.*

### **Staff shall be trained in handling breast milk.**

*All center staff will be trained in the proper storage and handling of breast milk, as well as ways to support breastfeeding mothers. The center will follow human milk storage guidelines from the American Academy of Pediatrics and Centers for Disease Control and Prevention to avoid waste and prevent foodborne illness. Special precautions are not required in the handling of breast milk.*

### **Breastfeeding employees shall be provided flexible breaks to accommodate breastfeeding or milk expression.**

*Breastfeeding employees shall be provided a flexible schedule for breastfeeding or pumping to provide breast milk for their children. The time allowed would not exceed the normal time allowed to other employees for lunch and breaks. For time above and beyond normal lunch and breaks, sick/annual leave may be used, or the employee can come in earlier or leave later to make up the time.*

### **Breastfeeding promotion information will be displayed.**

*The center will provide information on breastfeeding, including the names/phone numbers/websites of area resources should questions or problems arise. In addition, positive promotion of breastfeeding will be on display in the center.*

*Sourced from WIC "10 Steps to Breastfeeding Friendly Childcare Sites"*