

Checklist for Choosing Breastfeeding-Friendly Child Care

- ✓ **Do they support your wish to feed your baby your milk?**
 - Tell your child care provider it is important for you to continue breastfeeding.
 - Remind them that breastfed babies are healthier, which means all of the babies they care for will be healthier.

 - ✓ **Is there a place where you can comfortably sit and nurse your baby?**
 - Ask if you can breastfeed at the child care facility before and/or after work, or during your breaks from work (e.g. lunch).
 - Are you welcome to visit and breastfeed your baby at anytime?
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- ✓ **Does the staff feed babies when they are hungry, rather than on a strict schedule?**
 - Alert the child care provider that your baby might not eat much when you are apart, but make up for it later when your baby is with you. This is normal and called “reverse cycle feeding.”

 - ✓ **Is the provider willing to hold off feeding right before pick up?**
 - Ask your child care provider to try and not to feed the baby if it is almost time for you to pick up her/him up for the day.

 - ✓ **How is breast milk stored and handled? Is there a refrigerator or freezer for storing your milk?**
 - Expressed milk that you take to childcare should be labeled with the date the milk was expressed, and with your child’s name.
 - Your childcare should follow [current guidelines for safe breast milk storage](#).
 - If there is leftover breast milk in the bottle after your baby is done feeding, it should *not* be stored and used again.

 - ✓ **If a family member will be caring for your baby, give them [Making it Work: For Family Members](#).**

Checklist adapted from New York Breastfeeding Partners *Making it Work* and Carolina Global Breastfeeding Institute.

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