

BREASTFEEDING: SIMPLY THE BEST

Child Care Providers & Breastfeeding Resources

Minnesota Department of Health BREASTFEEDING FRIENDLY CHILDCARE RECOGNITION PROGRAM

Guideline, application & resources

<http://www.health.state.mn.us/divs/oshii/bf/bf-childcare.html>

How to Support Breastfeeding Mothers & Families: A Simple Guide for Child Care Providers

You Tube Video

<https://www.youtube.com/watch?v=lpDDxnbin7c&feature=youtu.be>

Breastfeeding and Child Care Programs

Public Health Law Center

best practices, legal requirements

<http://publichealthlawcenter.org/sites/default/files/resources/PHLC-Breastfeeding-and-ChildCare.pdf>

Tips for the Child Care Provider of a Breastfeeding Baby

<http://2ky.ee1.myftpupload.com/wp-content/uploads/2017/07/8-BF-Tips-for-Childcare-Providers-2015-03-30.pdf>



Breastfeeding Friendly Child Care

As families return to work during the first year of their baby's life supportive workplaces and child care can play a role in breastfeeding success. The health and financial benefits for families and babies continue throughout the first year of a babies life, and beyond.

Breastfeeding Friendly Child Care Providers have dedicated time and staff resources to implementing best practice to support breastfeeding families.

The steps for both Child Care Centers and Family Child Care Providers include:

- train staff on infant feeding practices, breastfeeding support and proper breastmilk storage and handling,
- work with families to develop a best practices feeding plan,
- provide a lactation space for families and staff,
- share breastfeeding resources, a culturally support environment, and learning and play opportunities normalizing breastfeeding,
- and have a written policy supporting breastfeeding.



"Breastfeeding provides unmatched health benefits for babies and mothers. It is the clinical gold standard for infant feeding and nutrition, with breast milk uniquely tailored to meet the health needs of a growing baby. We must do more to create supportive and safe environments for mothers who choose to breastfeed."

Dr. Ruth Petersen, Director of Center for Disease Control's Division of Nutrition, Physical Activity, and Obesity

<https://www.cdc.gov/breastfeeding/pdf/breastfeeding-cdcs-work.pdf>



Upcoming Lactation Education and Events

Dec 4, 2018 (Free Webinar) **Through the Microscope: A Closer Look at Human Milk.** 8:30 - 10:00 am. <http://www.springfieldul.org/page.aspx?item=13>

January 8, 2019 (Cloquet, MN) **Carlton County Breastfeeding Coalition meeting.** Noon - 2:00 pm. For more information contact patti.martin@co.carlton.mn.us

January 28, 2019 (Duluth, MN) **Northland Breastfeeding Coalition meeting.** Noon - 2:00 pm. www.northlandbreastfeedingcoalition.org

March 7 & 8, 2019 (Oshkosh, WI) **2019 Wisconsin Area Lactation Consultants Conference.** <http://www.walc.net>

March 18-22, 2019 (Madison, WI) **Lactation Counselor Training Course (CLC).** https://centerforbreastfeeding.org/register_lctc/

March 25, 2019 (Cloquet, MN) **Northland Breastfeeding Coalition meeting.** Noon - 2:00 pm. www.northlandbreastfeedingcoalition.org

March 25-29, 2019 (Chicago, IL) **Certified Lactation Specialist Course (CLSC).** <https://lactationeducation.com/clsc>

April 8-12, 2019 (Rochester, MN) **Lactation Counselor Training Course (CLC),** https://centerforbreastfeeding.org/register_lctc/

April 26, 2019 (St Paul, MN) **2019 LLL of Minnesota/Dakotas Area Conference.** Featured speaker Lisa Marasco. <http://www.llofmndas.org/2019-spring-conference.html>

May 20, 2019 (Duluth, MN) **Northland Breastfeeding Coalition meeting,** Noon - 2:00 pm. www.northlandbreastfeedingcoalition.org

Healthy Northland seeks to improve the quality of life and health of all people in northeastern Minnesota. This newsletter is made possible by the Minnesota Department of Health's Statewide Health Improvement Partnership.

Interested in receiving this newsletter? Contact yoditg@communityhealthboard.org